

Basic Packages:

***Express* \$450 for individuals; \$575 for couples**

Four 50-minute sessions for individuals. Recommended for short-term, defined goals or as an intermittent "booster" during long-term personal or relationship growth.

***Full Service* \$850 for individuals; \$1075 for couples**

Eight 50-minute sessions for individuals. Recommended for longer-term or more loosely-defined goals, or for in-depth work to fine-tune personal or relationship growth.

***Power-Up* \$70 for individuals; \$90 for couples**

Mini 30-minute between-session consult for urgent concerns, or as an extension to a regular 50-minute session.

Focused Packages:

***Pre-Marriage Prep* \$1095**

Includes an independent online couples' assessment, one 90-minute review of report, six 50-minute equipping sessions, and a discount for a future marriage tune-up.

***Assessment and 2-hour review only (no additional sessions)* \$300**

***Marriage Tune-Up* \$950**

Initial 90-minute discovery session and five 50-minute sessions to focus on shoring up minor challenges before they become major concerns. Includes two free spot-coaching emails between sessions for clarification or to address urgent issues.

***Marriage Repair* \$1250**

Initial 90-minute discovery session and seven 50-minute sessions to focus on needed repairs and more intensive relational work. Includes three free spot-coaching emails between sessions for clarification or to address urgent issues.

***Parental Navigation* \$875**

Six 50-minute parent coaching sessions focused on the goals of building positive family relationships, discipline and discipleship, and building godly character. Includes two free spot-coaching emails between sessions for clarification or to address urgent issues.

***Reset & Renew* \$700**

Six 50-minute individual coaching sessions focused on identifying, combating and overcoming negative thought patterns that have become obstacles to personal growth or family relationships. Includes a copy of Barbara's book, "Be Strong and Courageous."

NOTE: All coaching packages include a complimentary subscription to Barbara's Monthly Encouraging Word.

Action
Life Coaching
Building your faith in marriage and families

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