



SHE SHIFTS

12 WEEKS FULL PROGRAM

- Two ELI Assessments: **\$1,500 each (\$3,000 total).**
- 12 Weekly One-on-One Coaching Sessions: **\$500 each (\$6,000 total).**
- 6 Biweekly Group Coaching Sessions: **\$300 each (\$1,800 total).**
- Tools and Resources: **\$500.**
- Final Empowerment Blueprint: **\$1,000.**
- **Total Cost: \$12,300**

8 WEEKS INTENSIVE PROGRAM

- Two ELI Assessments: **\$1,500 each (\$3,000 total).**
- 8 Weekly One-on-One Coaching Sessions: **\$500 each (\$4,000 total).**
- 4 Biweekly Group Coaching Sessions: **\$300 each (\$1,200 total).**
- Tools and Resources: **\$500.**
- Final Empowerment Blueprint: **\$1,000.**
- **Total Cost: \$9,700**