

## COACHING PACKAGES & OPTIONS

### YOUTH COACHING

### PRICE

- **Single Session**
  - 1 x 45-minute session
- **Growth Series**
  - 4 x 45-minute sessions
- **Journey Series**
  - 8 x 45-minute sessions

\$90

\$320

\$600

### ADULT COACHING

### PRICE

- **Single Session**
  - 1 x 60-minute session
- **Growth Series**
  - 4 x 60-minute sessions
- **Journey Series**
  - 8 x 60-minute sessions

\$100

\$360

\$680

Updated 8/20/25

[marksametcoaching.com](https://marksametcoaching.com)