

“FREE or DONATION”, what does this mean?

- It means you either come for free and leave for free, or you come for free and donate what you valued the workshop at via cash or check. Simple as that. There is no suggested donation and it's optional.

The Elephant in the Room:

- We all know that when something is free, we're more likely to bail the last moment because we don't have any “skin in the game”. This is being offered as an affordable way to give folks access to a coaching approach that they might not otherwise have, so please register for a ticket when you know you're committed to attending. It's limited to 15 people, and all of the discounted add-ons are contingent upon a workshop ticket, so this will ensure that no one misuses a spot and prevents someone else from coming and experiencing these services.

Why do you want to sign up early for the workshop and not procrastinate?

- Doing so allows you to purchase optional private coaching sessions for much cheaper than what you'd spend on a few extra “indulgences” throughout the week. \$25 is a savory deal.

"Multiple Discount Options", what are they and how do they work?

- **There are three types of discount “add-ons” that are *only* for workshop attendees**, and they are all optional (read next two bullets). At this point, the workshops are intended to be the most affordable way to access coaching and the neat impact it can have on one's life, so the prices and options reflect that. It's great for those who have experienced coaching before and would like another taste or for those who are uncertain of what it is and what it's like to be coached.
- **First type: “Early Bird Add-on” and “Regular Discount Add-on”**
 - These refer to the same thing, just different prices (\$25 versus \$100)
 - Essentially, it's a standard 75 minute single session (capped at 2 per person)
 - The *Early Bird* option is available for a limited time (first 5 people by June 15)
 - The “*Regular Discount*” option can be purchased (and must be used) within 6 months of your workshop date
- **Second and Third Type: “Package of 3” and “Coaching in Motion”**
 - Two other services that are discounted at 50% off for those who want more coaching beyond the add-on above, or who want one or both of these instead
 - **Package of 3 includes:** Three 75 minute private coaching sessions for \$75 each; total of 3hrs and 45 min for \$225 (ordinarily \$450); limit 1 package per person; can be purchased within 6 months of workshop and used within 3 months from that
 - **Coaching in Motion includes:** a 2 hour, in-person, outdoor session for \$100 (ordinarily \$200); limit 1 per person
 - **Note:** Coaching in Motion must be purchased by July 28th and is only for attendees who can schedule during my NY travel dates of 7/15-8/11. There are more *Coaching in Motion* details on the FAQ and Testimonials tabs.