



Kathryn's Sessions

Sessions are typically 90 minutes.

10 sessions \$1500 (15 hours)

5 sessions \$925 (7.5 hours)

3 sessions \$675 (4.5 hours)

\$175/session ala carte (no plan)

\$275/session for couples*

*Couple sessions are usually 2 – 3 hours – prerequisite is both parties must have participated in at least one prior individual session



While a single session of coaching The Work certainly has immediate impact and value, true and lasting change requires commitment, consistency and personal investment.

Do you want freedom from painful habitual thoughts and limiting behaviors? Are you willing to do what it takes to give that to yourself? If your answer is yes, then Clarity Coaching can make a powerful and enduring difference in how you see yourself and how you live the rest of your life.

Practicing The Work of Byron Katie renders suffering optional. When the 4 simple questions are answered honestly, The Work works, every time. The simplicity of it is only surpassed by the profound potency of it. You can count on it. All that is required is honesty and an open mind.

The Work is a skill that can certainly be learned on one's own; however, coaching can be helpful initially because most people have spent their lives believing what they think. It can be a bit disorienting at first to question long-held beliefs. And, it doesn't take long to develop autonomy with the process.

A powerful complimentary healing modality offered to clients along with The Work is Meridian Tapping Technique (MTT) also known as Emotional Freedom Technique (EFT) which is a form of mindful acupuncture. MTT is another easy-to-learn-and-use-yourself technique that relieves emotional tension which is often a causal factor behind stress, physical pain, illness, phobias, addictions and more.

Clarity Coaching is not therapy, and the professional relationship is not designed to be an intensive long-term affair. Typically there is some consistency for 1 – 6 months, and then the client is encouraged to practice self-inquiry regularly. In this the coach serves as a supportive resource as needed on occasion.

I am 100% committed to your complete satisfaction with your coaching experience. I offer a full money-back guarantee if you are not completely satisfied with your results after the first session.

Housekeeping Policies: \$50 returned-check fee
\$50 fee/plan deduction for appointments missed with less than 24 hr. notice

* Payment for all plans is on a retainer basis and is due at the start of the first session in your plan. Payment plans are available which include a 5% monthly service fee on unpaid. Fees may be paid with cash, check, or credit cards through PayPal with our link on www.ClarityCoachingInstitute.com.