



It's so important to have a personal life coach. You only grow to the degree to which you've been coached or mentored.

Are you serious about getting soul healthy? It can be grueling work to shed that excess baggage. But with soul-health trainer Christy Johnson, you will be equipped and challenged to get soul fit. Are you ready for the challenge? This is not for the faint in the heart. But as you lose that excess baggage you will gain peace joy and soul health like you've never known before!

CHRISTIAN COACHING PROGRAMS

CHRISTY OFFERS A TWO DIFFERENT COACHING PACKAGES.

- Three Month Intensive
- Six Month Soul Camp

EACH PACKAGE INCLUDES:

- Two (2) 45-minute coaching calls per month
- A copy of Christy's book, *Love Junkies, 7 Steps for Breaking the Toxic Relationship Cycle*
- Two selections from Christy's audio messages on CD
- Soul-health assessment and personalized review
- E-mail access between sessions

COST OF CHRISTIAN SOUL-HEALTH COACHING PROGRAMS:

The three-month (6 sessions) program is a one-time payment of \$425 or three (3) monthly payments of \$150.

The six-month (12 sessions) program is a one-time payment of \$850 or six (6) monthly payments of \$150.

Additional sessions can be scheduled individually at a rate of \$75 per session on an as-needed basis once the initial program has been completed.