



Stephanie Bucklin

CONSULTING

# HOLISTIC LIFESTYLE TRANSFORMATION PROGRAMS

TRANSFORM YOUR LIFE: Life skills learning programs - many of the self-healing skills we teach, such as accessing your innate healing abilities or using the powers of your subconscious mind, are proven to be necessary for a peaceful and happy life.

## STEP ONE – INITIAL EVALUATION APPOINTMENT

**Initial Holistic Wellness Profile** – 110 minutes - You will complete a Holistic Wellness Evaluation Form and a Mind-Body-Spirit Questionnaire, which were designed to delve into your current life perspectives, belief patterns and sources of suffering. We will discuss your health history and current health stats, daily nutritional intake, fitness level, and other pertinent considerations for healing your mind, body and spirit for Holistic Wellness

\$240/individual profile | \$360/couple's profile

## STEP TWO – CHOOSE YOUR PROGRAM

**Module I: Plant-Strong Nutrition for Optimal Wellness** – 120 – 150-minute sessions, 6 Weekly Classes, 3 Individual Life Coaching Sessions, Custom Grocery Lists & Meal Plans; Juicing Instruction, Recipes, & Juice Fasting Support; Detoxify the Body, Mind & Spirit; Get the Most out of your Food Intake

\$297/6 week program

**Module II: Achieve a Deeper Understanding Through Yoga** – 120 – 150-minute sessions, 10 Weekly Classes, 3 Private Custom-designed Yoga Sessions, Guided Imagery Meditations, Balancing the Energy Field Techniques, Yoga Philosophy – Patanjali's Yamas & Niyamas, the Yogic Laws of Living, History and Teachings of Yoga Philosophy, Yoga as a Path to Union with the Divine, Immerse yourself in a yogic journey to healing.

\$397/6 week program

**Module III: Finding Your Bliss with Unconditional Love** – 120 – 150-minute sessions, 10 Weekly Classes, 3 Individual Life Coaching Sessions, Positive heart-centered meditations for building universal love energy and peace, Resolving Character Flaws, Irrational Fears, and Limiting Beliefs, Aligning to your Truth and Following your Heart, Journey of Self Discovery 2-day Retreat, Stress Mastery techniques, and Spiritual Growth practices, Energy Field Scanning & Chakra Cleansing; Heart-Centered Guided Meditations; Learn How to Talk Nicely to Your Body and Self; Resolve Irrational Fears & Limiting Beliefs; Align to your Truth.

\$497/10 week program

**Module IV: Interpersonal Leadership Program** – 120 – 150-minute sessions, 10 Weekly Classes, 3 Individual Life Coaching Sessions, including Leadership Techniques from all the great leaders of the world (Dale Carnegie, Steven Covey...), Journey of Self Discovery 2-day Retreat, Resolving Character Flaws, Irrational Fears, and Limiting Beliefs; Interpersonal Communication Skills; Conflict Resolution Techniques; Stress Mastery techniques, Inspiring Leaders through Collaborative Learning, and Finding your Own Motivation & Truth

\$597/10 week program

### Stephanie Bucklin Consulting © 2018 Transformation Coaching Offerings

For an appointment or for more information on any programs or services listed above,  
please call or email us at: (805) 263-8414 | [Love.Warrior.Consulting@gmail.com](mailto:Love.Warrior.Consulting@gmail.com)

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**Module V: Sustainable Living Program** - 120 – 150-minute sessions, 10 Weekly Classes, 3 In-Home Urban Farming Presentations with Installation & Growing Sessions (contracted services only – no products included); 4 field trips to an Organic Farm, a local Community Garden, an Animal Sanctuary, and a Natural Grocers Store; Whole Food Plant Based Nutrition; Vegan Cooking Classes; Detoxify Your Body, Mind & Spirit; Remove Toxins from Your House, Car & Office; and Earth Stewardship for a Peaceful Planet

\$697/10 week program

**Module VI: Detox My Life Program** – 120 – 150-minute sessions, 10 Weekly Classes, 3 In-Home Detox Your Home Presentations, including Avoiding Toxins in Your Food & Environment, Detoxifying Your Cleaning Supplies, and Introduction to Essential Oils. Includes a Plant-based Cooking Meal Plan, 72-Hour Detox Cleanse, a Young Living Essential Oils - Premium Starter Kit (\$160 value), a wholesale membership with Young Living, an Essential Oils Pocket Reference Guide (book \$70 value), and Education Resources for Aromatherapy and Detoxing Your Home with Essential Oils.

\$797/10 week program

## A LA CARTE PROGRAMS

**Mini Module I: Plant-strong Grocery Trip** - Holistic Wellness Expert accompanies you on up to three grocery shopping trips for Guidance on Product Ingredients and Brand Choices; Shopping for a Cleaner Earth; and How to Shop for a Plant-Strong Lifestyle, includes 3 trip accompaniments to the grocery store, one-on-one (Groceries Not Included)

\$297/3 grocery trips

**Mini Module II: Quick! Help Me Detox My Home, Office & Car** - Holistic Wellness Expert will visit your home, office and car to coach you on detoxifying, Cleaning Out your Drawers, Cupboards and Closets; Homemade Natural Cleaning Products to replace your Toxic Cleansers, one-on-one (Nontoxic Household Cleaners Not Included)

\$297/3 visits to home or office

**Mini Module III: 72-Hour Supported Juice Fast** - Holistic Wellness Expert will visit your home & helps you manage a Juice fast; including Teaching you how to juice; Guidance before, during and after your juice fast, one-on-one (Fruits & Vegetables Not Included)

\$397/3-day weekend

## PREMIUM TRANSFORMATION PROGRAM

**Premium Transforming into Optimal Wellness Package**- If you would like a little bit of everything above, this premium program is for you. Includes 120 – 150 minute sessions, 1-year program, 52 weekly group classes, 2 individual Holistic Wellness Coaching meetings per month – Self-Healing Techniques, Whole Food Plant Based Nutrition, Detoxify Your Body, Mind & Spirit, Remove Toxins from Your House, Car & Office, Grocery Lists & Shopping Assistance, Meal Planning, 72 Hour Juice Fasting Retreat, Private Yoga Coaching Sessions (90 minutes), Mindfulness Meditation Training, Stress Mastery Techniques, Vision Board Workshop, Healing with Essential Oils, Growing Food at Your Home or Office, and more. ***Lifestyle Transformations Guaranteed!***

\$1,995/8 week program; \$3,397/12-week program; \$5,995/6-month program; OR \$9,997/1-year program

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Cell: (805) 263-8414 (Text Preferred) | Email: [Catalyst@stephaniebucklin.com](mailto:Catalyst@stephaniebucklin.com)

# Transformation Coaching Offerings

## PREMIUM TRANSFORMATION PROGRAMS COMPARISON

Premium Transformation Coaching Programs <i>Comparison of Services Included with Each Program</i>	Starter Pkg 60-Days	Intermediate Pkg 90 Days	Mastery Pkg 120 Days	Premium Pkg 365 Days
Holistic Wellness Evaluation & Report	✓	✓	✓	✓
Private One-on-One Coaching	✓	✓	✓	✓
— Coaching Meeting Lengths	60min	60min	90min	90min
— No. of Meetings Per Month	2	4	6	8
Lifestyle Practices for Optimal Health	✓	✓	✓	✓
Self-Healing & Self-Discovery Techniques	✓	✓	✓	✓
Intuitive Reiki Energy Sessions	2	3	6	8
Private Yoga Sessions	2	3	6	12
Email & Text Support during the Program	✓	✓	✓	✓
Wellness Resources & Referrals	✓	✓	✓	✓
Physical Fitness Evaluation & Exercise Plan		✓	✓	✓
Stress Mastery Techniques		✓	✓	✓
Mindfulness & Guided Imagery Meditations		✓	✓	✓
Removing Toxins from the Home, Office & Car			✓	✓
Healthy Grocery Shopping Trips			✓	✓
30-day Detox Cleanse			✓	✓
72-hour Supported Juice Fast				✓
Super Foods & Essential Oils Products				✓
Wellness Vision Board Co-Creation				✓
<b>Total Cost of Each Program</b>	<b>\$1,995</b>	<b>\$3,397</b>	<b>\$5,595</b>	<b>\$9,997</b>

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# Transformation Coaching Offerings

## PROGRAM TERMS

- **Individual Holistic Wellness Pathway** – Transformation Coaching duration may be 3 months, 6 months or 12 months depending on your needs, desired goals, and the program chosen. We will agree on the length of the program during the initial consultation. Individual tailoring of the health program and all recommendations will follow every session. (Monthly rate varies)
- **Your first follow-up meeting** should be scheduled within 24-48 hours of the Holistic Wellness Evaluation appointment.
- **One to Eight Individual Coaching Meetings** may be scheduled once a week, twice weekly, every other week, or once a month.
- **Appointments must be kept** to ensure the integrity of your program. Should you need to reschedule, please send a text or email to let me know at least 24 hours in advance. There will be a \$25 fee for no-shows or last-minute cancellations. Frequent missed classes will lead to being dropped from the program.
- **Respect your classmates** – Come to class on time and prepared to participate. Respect the confidentiality of the experience (what you hear stays here). Complete all coursework in a timely fashion (late coursework holds up the progress of the class). And cell phones should be switched to OFF or Silent during class to avoid interruption (save for emergency situations).
- **Wellness Journals must be kept up to date** - This journal is your tracking system to see your own progress. The information you gather will assist you in making long term lifestyle changes. Please bring your journal to class to take notes and share your progress with the class.
- **At each session** we discuss progress, what's working or not working, give you additional the tools and information to move towards your goals, deepen the understanding of your body and of the lifestyle changes and foods that will continue to balance it.
- **As we get to know you better**, additional programs and services may be offered to expand the program possibilities and enhance your Individual Holistic Wellness Pathway, which may increase the overall cost of the Individual Holistic Wellness Pathway.
- **Payment for your Individual Holistic Wellness Pathway** may be Paid In Full, ½ Up Front and ½ At The End of Your Program, OR Pay As You Go. Payments will be collected at the beginning of the appointment as needed. We accept most major credit cards, personal checks and cash. NOTE: A \$35 Insufficient Funds Fee will be charged for bounced checks.
- **Refunds only given in extreme circumstances** as we expect you to have a wonderful time diving into Transforming your Life. Please discuss your concerns with your coach before dropping out.
- **FREE with Every Full-Length Program (6 weeks – 1 year)**
  - **Holistic Wellness Report and a Wellness Journal** with Guidelines for success
  - **Electronic Handouts, Recipes and Other Goodies** getting you started on your healthy lifestyle
  - **Library Rental System** – books to inspire change in your life, available to borrow on rental (only available locally)
  - **Unlimited email & text support** throughout the program

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## PROGRAM WORKSHEET

✓	Program Offerings	\$ Per Session
	Initial Wellness Profile & Personal Wellness Report (110 Minutes) - Individual	\$240.00
	Holistic Wellness Profile & Wellness Report (110 Minutes) -Couple	\$360.00
	Module I: Plant-Strong Nutrition for Optimal Wellness	\$299.00
	Module II: Achieve a Deeper Understanding Through Yoga	\$399.00
	Module III: Finding Your Bliss with Unconditional Love	\$499.00
	Module IV: Interpersonal Leadership Program	\$599.00
	Module V: Sustainable Living Program	\$699.00
	Module VI: Detox My Life Program	\$799.00
	Mini Module I: Plant-Strong Grocery Trips (3 trips, 110 Minutes)	\$299.00
	Mini Module II: Quick! Help Me Detox my Home, Office & Car (3 visits, 110 Minutes)	\$299.00
	Mini Module III: 72-Hour Supported Detox Juice Fast (3-day Weekend)	\$399.00
	Transformation into an Optimal Wellness Lifestyle – Premium Package	(Price Varies by length of program selected)

✓	Wellness Products	\$ Per Package
	Boku Superfood Nutrition Kickstarter – Plant-Based Nutrition Program	\$160.00
	Young Living Essential Oils – Premium Starter Package with Diffuser	\$160.00
	Young Living Essential Oils – Thieves Starter Package for a Healthy Clean Home	\$260.00
	Multipure Aquaversa Home Water Filter	\$499.00

*Note: All Wellness Products will include additional fees for Taxes, Shipping and Handling.*

Recommended Program Length \_\_\_\_\_ Number of Meetings per Month \_\_\_\_\_

Pre-scheduled Meeting Days/Times: \_\_\_\_\_

Total Monthly Coaching Program Cost \_\_\_\_\_

Payments Options:  Monthly Payments \_\_\_\_\_  Pay Per Session \_\_\_\_\_

Pay via:  Cash  CREDIT CARD(Complete authorization form below)  Check / Money Order  Paypal  Venmo

Credit Card Authorization	
Please choose a billing option below and sign to authorize the transaction: <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD <input type="checkbox"/> DISCOVER <input type="checkbox"/> AMEX	
CARD # _____	NAME ON CARD _____
CVV # _____	EXPIRATION DATE _____
Please choose one and initial the box: <input type="checkbox"/> I AUTHORIZE A ONE-TIME CHARGE OF \$_____ TO BE CHARGED TO THIS CREDIT CARD. <input type="checkbox"/> I AUTHORIZE RECURRING MONTHLY CHARGE OF \$_____ TO BE CHARGED ON THE _____ DAY OF EACH MONTH FOR A MONTHLY ORDER OF THE ABOVE PROGRAMS/PRODUCTS.	
Signature _____	Today's Date _____

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