

The Silver Package; (Wellness Vision Discovery)

Embark on a One-Month Transformative Coaching Journey, with (Four Online Coaching Sessions)

This is a great option for those ready to dip their toes into the World of Health & Wellness Coaching for the first time.

This package offers a nurturing space to begin your Well-Being Transformation with support from Emmet.

(Please Note; *Additional Coaching Sessions can be tailored for you after your chosen coaching package ends!*)



First Coaching Session = 60 minutes. Followed by three weekly 30-minute coaching sessions: Discover and Design Your Wellness Vision and Goals in sessions packed with actionable strategies.



Personalised Wellness Vision Goal Plan: Receive a bespoke (SMART) Goal Plan to guide you step by step towards creating and achieving positive lifestyle behaviour change for your top well-being goals.



A Weekly Email/Messaging support between sessions: Stay connected and receive guidance through (Check-In) email/messaging support, with Emmet.



Equip yourself with access to helpful Goal Learning Guides, Resources and other suggested Goal Learning Activities also!

Package Investment Fee; —→ € (Discuss in Discovery Call)

The Gold Package;

(Wellness Vision Journey)

The Gold package is designed for those who are committed to taking a giant leap towards achieving improved Mental Fitness and Other Well-being Goals.

Experience an intensive coaching journey that delves deep to unlock and support Good Well-Being and Personal Growth Goals achievement potential.

This Wellness Vision Journey will see you engage in;
(Eight Online Coaching Sessions over 3-Months)

(**Please Note**; *Additional Coaching Sessions can be tailored for you after your chosen coaching package ends!*)



First Session = 60 minutes, then three weekly 45-minute sessions for the first month. Then four bi-weekly 45-minute sessions over the next two months. Engage in regular sessions that build momentum to achieve and sustain your goals.



Tailored coaching **Wellness Vision (SMART) Goal Plan**: Benefit from strategies to guide you through step by step mindset and lifestyle behaviour change action aligned with your vision.



Email/messaging (Check-In) support (Mon-Fri; 9am-5pm)
Enjoy priority support with Emmet to facilitate continuous well-being and personal growth progress.



Equip yourself with access to helpful Goal Learning Guides to aid your journey. Examples - 1. Getting Started with Your First Healthy Habit, 2. Achieve Better Sleep Guide & 3. Reduce Your Stress Guide and other Suggested Goal Learning Activities also!

Package Investment Fee; —→ € (Discuss in Discovery Call)

The Platinum Package; (Wellness Flourish & Thrive)

The Platinum package is the epitome of a transformative holistic well-being coaching experience.

This Gold Package includes the addition of 60 Minute Coaching Sessions, over a 6-Month Timeline.

Tailored for those ready to engage in an immersive 6-month transformation journey with Emmet, towards achieving a Thriving Well-Being State.

(Please Note; *Additional Coaching Sessions can be tailored for you after your chosen coaching package ends!*)



Weekly 60-minute coaching sessions x 1 month, then
Bi-Weekly 60-minute session x 2 months, then
Monthly 60-minute sessions x 3 months (**Total of 11 Sessions**)



Engage in extended coaching sessions offering profound well-being and personal growth goal strategy and support: Receive coaching strategies meticulously crafted to catapult you towards better well-being & personal growth goal success.



Delve into a treasure trove of goal learning resources and activities designed to facilitate your well-being and personal growth journey.



Get VIP access to new well-being goal learning guide resources related to your goals and access to future webinars.

Package Investment Fee; —→ € (Discuss in Discovery Call)

The Coaching Process.

BOOK A (FREE) DISCOVERY CALL:

Start your Wellness Journey in a Free 20-Minute Discovery Call. Here, we'll briefly discuss your goals, and decide if you and I are a good fit to work together? If we are, I will outline the next steps to prepare for starting our coaching partnership (See Below)

SIGN THE CONTRACT:

After we agree to enter a coaching partnership. I will send you a straightforward and transparent Coaching Agreement to sign.

I also ask you to complete and return a Holistic Well-being Self-Assessment and Medical Release (GP) Form. Then you and I can schedule our First Coaching Session.

PAYMENT AND INVESTMENT:

A simple payment process (Paypal & Stripe) You choose to make the necessary coaching package fee payment before coaching starts

FIRST SESSION; CREATE YOUR WELLNESS VISION:

We will explore your Well-being Assessment findings and coaching objectives. You will create a 3-Month Wellness Vision Goal.

This supports your 3-Month Wellness Vision (SMART) Goal Plan creation, in our second coaching session.

SECOND COACHING SESSION:

CREATE YOUR WELLNESS VISION SMART GOAL PLAN;

Your unique Wellness Vision (SMART) Goal Plan helps you make and take your chosen lifestyle behaviour change goal action. This will include strategies and steps aligned with your goals and vision.

FOLLOW-UP SESSIONS AND CHECK-IN SUPPORTS:

Follow up sessions help you create and update your Lifestyle Behaviour change actions towards achieving your Well-Being Goals. In-Between Session Check-In Messaging helps you to monitor, adjust and be accountable with your goal progress.

Emmet Quigley
HEALTH & WELLNESS COACH



Frequently Asked QUESTIONS



How are the coaching packages structured?



The coaching packages are structured with a blend of regular online health and wellness coaching sessions, a personalised Wellness Vision (SMART) Goal Action Plan and ongoing support to ensure your continual goal progress and growth.



Do you offer resources as part of the coaching?



Yes, you will have access to a range of well-being goal learning activity resources, including e-books, worksheets, and other learning formats. From time to time I may run exclusive webinars, which you can have access to also.



What results can I expect from this program?



While individual results may vary, you can anticipate a clearer wellness vision plan, with actionable mindset and lifestyle change strategies, and a supportive coach to facilitate your mental fitness goal achievement and overall well-being growth journey.



How soon can I start once I decide to proceed?



Once the Coaching Agreement is signed, Holistic Well-being Self- Assessment (Including GP Medical Release) is completed and returned to me and the initial payment fee is processed, we can commence your coaching journey within a week or at a mutually convenient time.