

Pricing and Packages



Investment Options

Waite4It Coaching

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480-650-0723

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Single Session Pricing

Standard Price \$125/session

Discount Price \$110/session Available to educators, retired educators, and students

Coaching without a long-term commitment—just what you need, when you need it.

- **Session Length Options:** Choose 30, 45, or 60-minute session
- **Flexible Scheduling:** Scheduling options to fit your needs

Signature Packages

Self-Talk Detox- A 30-Day Reset \$200

The 30-day reset is a commitment to changing how you talk to yourself so you can turn down the volume on that constant pressure and get relief from the feeling of overwhelm and the scattered thoughts. If you're ready to feel calm and focused, the

Self-Talk Detox is the place to start. **This reset includes:**

- **Self-Talk Inventory:** Pinpoints your energy drains.
- **Three 1:1 Coaching Sessions:** Focused on practical simple shifts.
- **Between-Session Support:** Via text or email.
- **AI Notetaker Session Summaries:** Delivered to your inbox.
- **Personalized Self-Mantra:** Fits your real life.
- **Weekly Growth Reflections:** Track and celebrate improvement.

The Intentional YES Method \$750

The Intentional Yes Method is a 12-week commitment to learning how to say yes to yourself first—so the yeses you give others feel intentional, enthusiastic, and truly yours. It's the perfect next step after the Self-Talk Detox or a powerful stand-alone program if you're ready for deeper change. If you're ready to feel intentional about your focus, energy, and time, the **Intentional Yes Method** is your next step.

This intentional journey includes:

- **Eight 1:1 Coaching Sessions:** Personalized support that builds real momentum.
- **Between-Session Support:** Via text or email.
- **AI Notetaker Session Summaries:** Delivered to your inbox.
- **Personalized Session Topics:** You choose what we focus on.
- **Core Values Exercise:** Get clear on what truly matters.
- **Future Self Guided Experience:** Meet the version of you who knows exactly what she needs.

Payment: Make one simple payment or split it into three easy installments—whichever works best for you.

Pricing Updated on 11/21/2025



5 Session Package \$550

This 5-Session Package gives you focused, personalized support on a timeline that fits your life—ideal if you want meaningful progress at a doable pace. It's a flexible way to experience the value of one-on-one coaching while working on what matters most to you right now. **This flexible package includes:**

- **Five 1:1 Coaching Sessions:** A \$625 value, tailored to your needs.
- **Session Length Options:** Choose 30, 45, or 60 minutes.
- **Between-Session Check-Ins:** Support by text or email.
- **AI Notetaker Session Summaries:** Delivered to your inbox.
- **Flexible Scheduling:** Use your sessions at your pace—most clients finish within 2–5 months for best results.

Payment: Make one simple payment or split it into two easy installments—whichever works best for you.

From Curiosity to Clarity Discovery Sessions

Your initial discovery coaching session is completely free—no strings attached! This is your chance to experience the supportive and empowering nature of coaching while deciding if coaching and Coach Janea are the right fit for you. It's a relaxed and pressure-free way to explore how coaching can support your goals.

[CLICK HERE TO BOOK A FREE DISCOVERY SESSION](#)

[7 Questions to Ask When Hiring Your Life Coach](#) [Blog post from Coach Link Up](#)

Payments

Payments are due at the time of booking the first session or at the beginning of the month for subscriptions. The preferred method of payment is via Zelle to **WAITE4IT COACHING** email: waite4itcoaching@gmail.com. QR code for Zelle:



Payments can be made with a credit or debit card from the website waite4itcoaching.com under the [Make a Payment](#) tab. The payment links on the website include a processing fee.

Booking

Appointments can be reserved by calling or texting 480-650-0723 or [CLICK HERE TO BOOK ONLINE](#).

Refund Policy

If either the Coach or the Client chooses to discontinue the coaching relationship, a refund will be issued for unused sessions following a prorated formula. No refunds will be granted for: scheduled session no-shows, completed sessions, missed sessions in the 30-day or 12-week packages, and any special pricing that is not listed in the pricing and packages document.

- ❖ **Written Notice:** A written notice of termination must be provided at least 24 hours before the next scheduled session. If less than 24 hours' notice is given, a \$50 cancellation fee will be deducted from the refund amount.
- ❖ **Prorated Pricing:** Refunds will be calculated based on the prorated package purchase rate for unused sessions. Missed sessions in a 30-day or 12-week package are not eligible for prorated pricing refund. A 25% processing fee will be deducted from the refund amount, in addition to any applicable cancellation fees. Specially priced sessions and packages that are discounted beyond the listed prices are not eligible for prorated refunds. If the Coach discontinues the relationship, no processing or cancellation fees will be applied.
- ❖ **Processing Time:** Refunds will be issued within 10 business days of receiving written notice.

Client-Coach Agreement

[Click HERE to view the Client-Coach Agreement](#)

