



Investment Options

Waite4It Coaching

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480-650-0723

Single Session Investment \$97/session

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

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

Signature Packages

Self-Talk Detox- A 30-Day Reset \$127

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 30-day reset includes:**

- **Recognize the Inner-Critic:** Notice how the inner-critic impacts performance, relationships, and well-being.
- **Self-Talk Inventory:** Pinpoints your energy drains.
- **Personalized Coping-Mantra:** True & authentic, short & sticky, kind & compassionate statement to deploy in stressful moments.
- **Two 1:1 Coaching Sessions:** Focused on practical simple shifts.
- **Between-Session Support:** WhatsApp video, audio, and text messages returned during business hours.
- **AI Notetaker Session Summaries:** Delivered to your inbox.

Stop the Automatic Yes \$127

If you are stuck in an exhausting autopilot loop, just going through the motions of a never-ending to-do list. Stop the Automatic Yes is the place to start. **This 30-day experience includes:**

- **Interrupt the Autopilot:** Recognize your automatic yes situations.
- **Automatic Yes Tracker:** Feel the immediate relief of having the space to choose.
- **Personal Pause Phrase:** Designed to fit your life and your natural way of speaking.
- **Two 1:1 Coaching Sessions:** Focused on your experience and your goals.



- **Between-Session Support:** WhatsApp video, audio, and text messages returned during business hours.
- **AI Notetaker Session Summaries:** Delivered to your inbox.

The Intentional YES Method \$897

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 *Stop the Automatic Yes* or a powerful stand-alone program that moves you toward a deeper sustainable change. If you're ready to feel intentional about your focus, energy, and time, the 12-week **Intentional Yes Method** is for you.

This intentional journey includes:

- **Core Values Exercise:** Get clear on what truly matters.
- **Future Self Guided Experience:** Meet the version of you who knows exactly what she needs.
- **Personalized Weekly Sessions:** Support that builds real momentum based on what you need, when you need it.
- **Between-Session Support:** WhatsApp video, audio, and text messages returned during business hours.
- **AI Notetaker Session Summaries:** Delivered to your inbox.

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

5 Session Package \$467

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:** High value, tailored to your needs.
- **Session Length Options:** Choose 30, 45, or 60 minutes.
- **Between-Session Check-Ins:** WhatsApp video, audio, and text messages returned during business hours.
- **AI Notetaker Session Summaries:** Delivered to your inbox.
- **Flexible Scheduling:** Sessions can be scheduled at your pace. Using the five sessions within 2–5 months gets the 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 Janae 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 agreed upon time for installments.

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 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

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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](#)

