

❖ Find Your Passion Again!

- ❖ Learn Self-Love Tips & Tools
- ❖ Enhance Communication Skills
- ❖ Recover From A Tough Breakup
- ❖ Acquire Tools To Reduce Anxiety
- ❖ Boost Self- Esteem & Confidence
- ❖ Get Help Starting A Weight Loss Journey
- ❖ Receive Guidance & Goal-Setting Tips
- ❖ Learn To Combat Retaliatory Thinking



LIFE COACHING SERVICES

PRICES

First Consultation: FREE (15 minutes)

One Session: \$99 (60 minutes, supplementary e-guide & customized at-home 4-week plan)

Package: \$229 for 4 weeks (up to four 30-minute sessions, supplementary e-guide, customized weekly plans, plus weekly phone or email support services)

*Video Session Recordings: \$40 each

*Emergency Session: \$149 (30 minutes)

Wellness Coaching *works wonders on the health of your mind, body, and spirit.*

In life we go through periods of turmoil and endure challenges and toxic relationships that can leave us scarred. It is our duty to ourselves to recover fully through self-love practices and self-evolution. IRUNME provides guidance and tools to help you get on the path of becoming your best self. It is about progression, not perfection. All you need is time to work on loving YOU along with the support to help you reach your personal goals. The power is within you; we're here to help you harness it!

Email irunmeselfevolution@gmail.com for more details or to book a session!