

## **Cathy Teoste Beach Wisdom Transformational Coaching**

### **Price Sheet**

#### **FootSteps in the Sand**

Walking you will become centered in the present moment and within yourself. Through the wisdom of the beach you will gain a deeper knowledge of yourself and become open to all the possibilities that exist within you. Learn to imprint a way of being in the world that is in alignment with your authentic self.

One-on one 90 minute session - \$120

Bring a Friend (2 people) 2 hour session - \$75 per person

Small Group (3-5 people) 2 ½ hour session - \$50 per person

#### **Dance Beyond the Breakers**

Combining contemplation with action -you will learn to hear your inner voice, shed your inhibitions, and move to the rhythm of the waves. Pushing yourself beyond your limited beliefs you will gain a new perspective of yourself. Cultivate authentic self-expression that allows you to hear and dance to your own inner tune and have the confidence to dance beyond the breakers!

One-on one 2 hour session - \$180

Bring a Friend (2 people) 2 ½ hour session - \$90 per person

Small Group (3-5 people) 3 hour session - \$60 per person

#### **Writing with the Waves**

Using the ocean as metaphor to understand your story of where you have been, where you are, what lies deep within you, and all the possibilities of who you can be. You will become content and at peace with who you have been, who you are and who you are becoming.

One-on-one 90 minute session - \$75 or 3- 90 minute sessions - \$200

Bring a Friend (2 people) 90 minute session - \$100 (\$50 per person)

Small Group (3-5 people) 90 minute session - \$35 per person

## **Beach Wisdom Transformational Life Coaching**

Empowering you to make the changes you want to make in your life and to be all you imagine yourself to be. The wisdom of the beach will guide you into your own inner wisdom. I will guide and support you through the rising waves to open to the possibilities, to deepen and expand your understanding and vision, and as you shift and change and transform while creating the life you aspire to.

60 minute session - \$100      90 minute session - \$130

## **Creative Life Vision**

Using various exercises you will develop a written and visual life plan that is aligned with your core values, your deepest desires, loves, and aspirations for yourself. This Creative Life Vision will guide you to be and do all you imagine for yourself. It will be easily changeable and adaptable as you grow and accomplish and open to new dreams throughout your life.

60 minute session with 3 follow up mini sessions (1/2 hour) \$175

## **Sailing through Life Transitions**

Shifting your sails to develop strategies to move through life transitions you are going through or a transition you desire to make in your life. You will learn to embrace change and break new ground while designing a new life journey and vision plan for yourself and your life.

60 minute session - \$100      90 minute session - \$130

**\*\*Special Offer\*\***

**If you book a session by June 25 for June, July or August you will receive a 45 minute follow-up session Free! That's 2 sessions for the price of 1**

**Cathy Teoste, MA**

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**Make an appointment on Facebook @beachwisdom**

**910-554-9432**