

Rebecca Richardson | Coaching Container Rates

Spring/ Summer 2022

Container Details:

- 3 weekly 60 min coaching sessions/ month + 1 "off" week/ month for integration
- Initial strategy call to discuss goals and desires in detail
- A customized action plan for your desired goals
- Unlimited email and text support throughout the length of your container
- Recordings of all coaching sessions
- Any additional resources created for your specific program, such as recordings of exercises or reading materials

Container Pricing:

Duration	Pay in full (save \$200)	Payment plan
2-Month Container	\$1,750	\$975/ month
3-Month Container	\$2,500	\$900/ month
6-Month Container	\$4,750	\$825/ month

*[Contact Rebecca](#) to learn about VIP add-ons.