



2020

# Pricing & Programs

JAYNIE MCGRATH



# Welcome!



What an  
immense *joy* it is  
to be considered  
as your holistic  
health coach!

Hello! I'm Jaynie McGrath and I am so thrilled you are inquiring about my programs. What an immense joy it is to be considered as your holistic health coach, and I'm excited to unfold the experience that lies ahead of you.

I realize it might be your first time inquiring about these services, so I wanted to provide you a detailed look at all of the amazing options that lie ahead of you as you embrace wellness and live fully.

Spend some time reviewing this guide. If after reading it you feel like we are a great match, let's meet either over coffee or via Skype to talk more specifically about your needs.

I want you to find  
*freedom* and  
*flexibility*  
through a deeper  
understanding  
of your body's  
needs.



# About Me

J A Y N I E M C G R A T H

First of all, I am so excited that you're here! My name is Jaynie, and I am an Oncology Nurse turned certified Health Coach. I love talking about all things holistic care and health trends, while helping you live vibrantly as the best version of yourself. I believe food is at the foundation of living well, and how you fuel your body affects how you feel and ultimately act. But, I understand that it can be a source of frustration and confusion for a lot of people. Eating well has become stressful, anxiety provoking, and full of "rules." It is my sincerest hope that I can change this narrative and empower you to make small, sustainable changes with huge impact.

My style? I am equal parts coach, mentor, educator, and friend. I want you to find freedom and flexibility through a deeper understanding of your body's needs. I am here to guide you as you lean into your own intuition. I know you'll be transformed by the process and I hope you will find my enthusiasm infectious as we embark on an amazing journey together. Health should never be complicated or a source of shame or embarrassment. It is attainable, it is simple, and it is a beautiful form of self love.

# Whole RADIANCE

A life well loved.

## 2020 Packages

Our time together will be a lot of things, but most of all, it's an investment. You're investing in your health, you're investing in your story, and best of all, you're investing in yourself! I specialize in offering programs for everyone. I've bundled my most popular services for your convenience, although I do also offer a wide variety.

### P A C K A G E I

\$297

Initial Health History Consult  
2 Months of One on One Coaching  
4 One on One Phone Calls  
Custom Plan Based on Your Needs & Goals

### P A C K A G E I I

\$497

Initial Health History Consult  
4 Months of One on One Coaching  
8 One on one Phone Calls  
Custom Plan Based on Your Needs & Goals

### P A C K A G E I I I

\$897

Initial Health History Consult  
6 Months of One on One Coaching  
12 One on One Phone Calls  
Custom Plan Based on Your Needs & Goals

### A L A C A R T E

\$65 Each

Health History Consult  
Additional One on One Call  
Pantry Clean Out  
Weekly Meal Plan and Grocery List





# Why Me?

I am your biggest cheerleader. I am ready to challenge you, believe in you, encourage you, listen to you, and help you become the person you were made to be!

I know that there are a million other people out there in the world with similar offers, but there is only one me. I believe in YOU - what you're capable of and who you are as a human being. You won't just be another client on the calendar, you'll be a valued part of my business. You won't just become another customer, you'll be welcomed into my tribe with open arms.

I am ready to challenge you, believe in you, encourage you, listen to you, and help you become the best version of yourself. I offer a practical approach to health that eliminates the guilt and confusion. Life is meant to be celebrated and that includes food! So let's pursue wellness - mind, body, and spirit - together. You deserve a life well loved.





# How to Book

## LET'S DO THIS

All client services are available on a first come, first serve basis. Packages will be reserved by submitting a completed contract and a retainer of \$100. I can't wait to connect regardless of how we meet: coffee date, phone conversation, or Skype! Send me an email, and we'll set up a time to chat and get to know one another! I can't wait to work with you!

Let's pursue wellness  
- mind, body, and  
spirit - together!

JAYNIE@WHOLE-RADIANCE.COM