



One Month Expedition

NLP Life Coaching by Phyllis LeFevre

- The One Month Expedition includes **four one-on-one telephone or Skype sessions of individualized NLP coaching over a one month time frame.**
- Ideal for addressing many specific issues or challenges -- like starting a healthy eating and exercise program or deciding to make a career change -- this package is designed for those who want the most economical coaching for specific problems.
- The One Month Expedition has also often served our clients well as a first exploration of the benefits of NLP in their lives, and as a space within which to define the broader scope of what they would like to accomplish with NLP therapy.
- **\$500**

Signing up for change

Please contact Phyllis directly to enroll and schedule dates and times for packages or individual sessions. T (801) 244 8333 / phyllis@inspiremomentum.com

For your convenience, we offer secure PayPal payment through our website.

A note on scheduling

We are not rigid in our approach to scheduling. While we know that weekly sessions produce the best therapeutic outcomes, we also know that clients have other demands on their time, and schedules change! We are happy to alter scheduled sessions times given appropriate notice, and always respect true crisis moments in our client's lives no matter how short the notice.