



KIMBER CLAEBORN: HOLISTIC HEALTH

“Let go of who you think you’re supposed to be; embrace who you are.” -Brene Brown

PRIVATE COACHING PACKAGES

Descriptions

6-week Self-Exploration Series

Six sessions will provide you time to explore your goals, set intentions for changes, and discover the steps to becoming your best self. We will assess your life using the principles of holistic health, fostering a connection among body, mind, and spirit. We will focus on topics of your choosing, as well as areas that may need attention.

3-month Transformation Package

Providing yourself the commitment of 3 months will allow for true change to begin. With consistent effort, you will take your growth to a higher level. We will explore all facets of your current life, in addition to healing your past and envisioning your future. I will guide you to empower yourself in this journey of personal transformation.

Individual Session

Perfect for follow-up sessions in between packages or a check-in during times of transition. Flexible scheduling and pricing for your convenience!





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Pricing

BONUS: 6-week and 3-month packages include a 30 minute introductory session!

6-week Self-Exploration Series*	\$3000 HKD paid in full (\$500 per session)
3-month Transformation Package**	\$5400 HKD paid in full (\$450 per session)
Individual Session	\$550 HKD per session

*When purchasing this package, 6 sessions must be used within 2 months.

**When purchasing this package, 12 sessions must be used within 15 weeks.





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PRIVATE COACHING FAQ

What is a ‘life coach’ and how is it different from a therapist?

If you haven’t had a life coach before, then welcome! This is a safe space for you to create change in your life. Instead of diagnosing and prescribing, working with a life coach is often seen as a relationship that supports your growth towards a better you. With goal-focused discussion, we work together to discover obstacles in your life and find creative solutions.

How often should I meet with a coach?

In order to encourage commitment and success, weekly sessions are recommended.

What will we discuss in our introductory session?

Your introductory session is meant to be a time and space for your life coach to get to know you. Some questions you might discuss include, ‘What are the biggest challenges you are facing right now?’, ‘How would you describe your ideal self?’, ‘How can I best support you today?’





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PRIVATE COACHING RESULTS

What clients say about coaching:

Kimber is the most amazing life coach! She’s incredibly skilled at adapting her coaching style to her clients’ needs and goals. I’ve experienced drastic changes in my life over the last six months with her guidance and encouragement. I highly highly recommend her to everyone interested in making real meaningful changes!

With the support of a life coach, results include:

- ★ Less stress and feelings of exhaustion
- ★ More clarity in life purpose
- ★ A career that feels fulfilling
- ★ Stronger relationships with others
- ★ Lightness
- ★ Increase of trust, with yourself and others
- ★ Emotional balance and understanding
- ★ Work - Life balance
- ★ Healing from past trauma, stress, or negativity
- ★ Connection with yourself
- ★ More energy, drive, and passion for life
- ★ Overall feelings of balance
- ★ Inner peace

If you feel ready to make the first step towards a peaceful future, in honor of your truest self, I am here for you today.

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