

The Music Within Us™
Learn to Listen to Your Life

Life Coaching with Dr. Lisa Chu

Rates & Packages

Initial Consultation

NO CHARGE

Includes:

- Assessment of Client Pre-Work
- Initial one-on-one session by phone or in person (determined based on location and scheduling)

Starter 4-session package (minimum starter package)

\$550

Includes:

- Customization of initial coaching plan for your individual needs
- Homework (for example, reading, writing, or doing specific activities brought up in coaching), daily practices, and email follow-up as necessary between sessions
- A total of four (4) one-on-one sessions, weekly or biweekly, depending on your needs
- Determination of your ongoing coaching needs and goals

Ongoing 4-session package

\$500

Includes:

- Ongoing coaching relationship as your needs evolve
- Homework, daily practices, and email follow-up as necessary between sessions
- A total of four (4) one-on-one sessions, weekly or biweekly, depending on your ongoing needs
- Determination of your ongoing coaching needs and goals

Notes on scheduling:

Depending on your location, our one-on-one sessions may be held by phone, Skype or in person.

- ❖ I am available for one-on-one sessions in person, at [The Cradle of Manifestation](#), on **Tuesday, Wednesday, and Thursday between the hours of 10am and 5pm**, by appointment only.
- ❖ I am available by phone during these same timeframes for local clients who are unable to travel to Mountain View.
- ❖ I am available by phone or Skype through special arrangement with clients who are not in the Pacific time zone.

The length of each one-on-one session will be 45-50 minutes. I will give you “homework” and/or daily practices to complete between sessions. In many cases, email follow-up and support will be part of the coaching. As you develop new habits and open yourself to new possibilities, I want to be a witness to your growth and help you celebrate your own discoveries, as well as hear about your challenges as they come up.

Policies:

All payments must be made in full before the first session is scheduled.

Payments are accepted through PayPal for [new clients](#) and [ongoing clients](#) or by check made payable to “The Music Within Us”, and mailed to P.O. Box 1520, Palo Alto, CA 94302. Checks must be received at least 3 days prior to the first scheduled coaching session of the package.

Please note that scheduling and availability listed above are subject to change at any time.

Once we have completed our initial consultation and we both feel that we might be a good match for coaching, we will determine the appropriate schedule and mode (in person or by phone) for our work together.

Once we have committed to a coaching schedule, we have made a commitment to each other. Any missed appointment(s) with less than 24 hours notice will not be refunded or rescheduled, and will be counted toward your 4-session total. If you need to reschedule, please provide written notice by email to info@themusicwithinus.com **at least 24 hours prior to** your scheduled appointment.

Two or more rescheduled appointments during a 4-session package may indicate a need to reassess the priority of coaching in your own mind at this time.

Common-sense consideration will be given for medical emergencies or other extenuating circumstances.

Please keep in mind that the decision to embark on the journey with a life coach is a commitment to your own self-discovery and inner peace. Paradoxically, it takes a certain amount of *discipline* to attain the *freedom* your soul desires. Every challenge, obstacle, or feeling of resistance is a precious jewel to reveal some part of yourself to yourself. I can't wait to see what unfolds from within you!