

Services & Pricing Guide

Everything you could possibly need to know about my services and prices.



julianaturopataholistica.com

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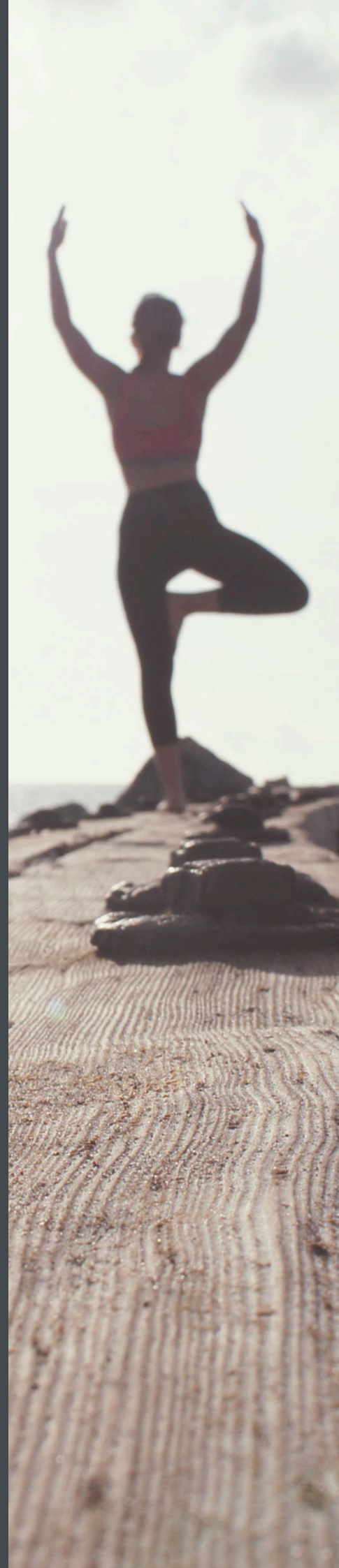
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Retreat in Peru





Julie Brisson

Your new
coach

Discover the
path to a
healthier and
happier you!

Welcome

Welcome to a journey of transformation with me! I'm dedicated to empowering you on your path to a healthier, happier, and more fulfilled life.

Inside this guide, you'll discover my services and flexible pricing options. I'm passionate about my life's purpose and here to support you every step of the way.

**Thank you for considering me as your partner in achieving your goals.
If you have questions or want to learn more, feel free to reach out.
I'm excited to join you on this journey!**



For many years now, I have been on a mission to inspire, guide, and empower individuals like you to achieve a state of total well-being. I believe that health extends beyond physical fitness — it encompasses mental clarity, emotional balance, and a sense of purpose. My goal is to empower you to take charge of your well-being, whether it's through mindfulness, fitness, nutrition, or holistic wellness. I'm here to provide the tools, support, and inspiration you need to achieve your goals.



About

The goal of every naturopath, is to empower individuals on their journey to well-being by offering unwavering support, personalized coaching, and innovative solutions.

Through holistic wellness approaches, education, and empowerment, I seek to make a profound and positive impact on not only my clients, but also people in my life.

As a Holistic Naturopath, I believe that everyone has the potential to transform their health and lifestyle.

My coaching programs are more than just programs; it's a life-changing experience. It's a journey of self-discovery, growth, and transformation. Through personalized guidance, support, and a holistic approach to wellness, I will empower you to become the best version of yourself.

Whether you're looking to improve your physical health, boost your mental well-being, or find balance in your life, my services are designed to help you achieve your goals.

What You can Expect from Me

My goal is to provide you with exceptional service and support on your journey.
Here's what you can expect from me:



Guidance: I'm here to offer expert guidance tailored to your unique needs and goals. I'm committed to helping you every step of the way.



Personalized Solutions: Every human on this Earth is unique and everyone's path is different. That's why I offer personalized solutions that align with your aspirations and challenges. In my World, there's no "One size fits all."
Your success is my priority.



Clear Communication: Open and transparent communication is vital to me. I'll keep you informed, answer your questions, and provide regular updates to ensure you're always in the loop.



Continuous Improvement: I'm dedicated to continually improving my services. Your feedback is invaluable in helping me enhance my services and ensure your satisfaction.

What I Expect from You

I'm committed to your success, and below is what I expect from you as you embark on this journey:



Open Communication: Keep the lines of communication open. Share your goals, challenges, and questions with me. The more I know, the better I can support you.



Commitment to Growth: Embrace the process of growth and change. Be open to trying new approaches and techniques that can help you reach your goals.



Consistency: Success often comes from consistent efforts. Stay committed to the strategies and plan we develop together, even when faced with setbacks.



Honesty and Feedback: Provide honest feedback about your experiences and coaching progress. Your insights are invaluable in tailoring my support to your needs.



Accountability: Take ownership of your journey. Be accountable for your actions and decisions, and use my guidance to stay on track.



Active Participation: Engage actively in the process. Complete assignments, and actively participate in our meetings and don't be shy to reach out at any time.

I am a perfect fit for you if...

- You're ready to prioritize your well-being and make positive, lasting changes in your life.
- You're seeking guidance and support to achieve your health and wellness goals.
- You believe in the power of personal growth and are committed to self-improvement.
- You want a dedicated coach who will provide expert guidance tailored to your unique needs.
- You're excited about embracing a healthier lifestyle and achieving greater balance.
- You're open to exploring new strategies and techniques for holistic well-being.
- You're motivated to invest in yourself and your future health and happiness.
- You're ready to take proactive steps toward a more vibrant and fulfilling life.

If any of these resonate with you, then my Health and Wellness Coaching services are the perfect fit to help you on your journey to a healthier, happier you!

What you can expect in a

Health & Wellness Coach



Personalized Guidance:

I will create a personalized plan tailored to your unique goals, needs, and lifestyle. No one-size-fits-all solutions here!

Supportive Guidance

You won't be on this journey alone. I will provide unwavering support, keeping you accountable and motivated every step of the way.

Expert Insights:

Expect to gain valuable insights in a range of areas. I am armed with lots of knowledge to help you make informed choices.

Holistic Well-Being:

Beyond physical health, I will address emotional and mental well-being, ensuring a holistic approach to your health journey.

Book your first appointment with me today!



The Vital Flow process

Please note that this is an example, doesn't mean that you'll have a 12-weeks program!

● **Step 1: The Detective Work**

Week 1 marks the beginning of your wellness journey with me! It all starts with an in-depth consultation to identify "energy leaks", your wellness goals, challenges, and dreams. I'm here to listen, understand, and guide you toward a healthier, happier you. Let's take that first step together!

● **Step 2: The Vital Flow Protocol**

Weeks 2-3 are all about creating your custom digital roadmap that's uniquely yours. I will work on developing tailored strategies for nutrition, fitness, stress management, and more to fit your specific goals and needs. Get ready for a personalized path to well-being!

● **Step 3: Sustained Vitality**

Welcome to the heart of your wellness journey! From weeks 4-12, we'll have regular coaching sessions, your dedicated time to shine. Those virtual check-ins are for protocol adjustments to ensure the body stays in "flow" through life's transitions

Coaching Explained

Coaching is your **compass on the voyage of self-discovery**, leading you to a life brimming with purpose and fulfillment.

In our coaching sessions, I step into the role of your dedicated partner, working collaboratively to define your aspirations and craft a roadmap to achieve them. Together, we'll design a personalized plan that transforms your dreams into actionable steps. Each week, we'll evaluate your progress toward these goals, fine-tuning your path to success.

As your coach, my purpose isn't to dictate your actions. Instead, I employ thoughtful inquiry, delving deep into meaningful conversations, enabling you to explore the facets of your life that hold significance. From there, we'll unearth the insights and strategies you need to blossom and thrive.

Throughout our partnership, I'll be your unwavering advocate and a steadfast presence in your corner, providing a secure space to tackle challenges head-on. My ultimate aim is to guide you through this coaching experience, reshaping your perspective on life.

While I won't provide ready-made solutions to your challenges, I will empower you to unravel your own answers. Together, we'll build your resilience, equipping you to confront future obstacles with confidence. Your journey is directed by you, ensuring our sessions align with your goals and aspirations.

I'm eagerly anticipating the privilege of working alongside you as you embark on this transformative voyage.

Warm regards,

Julie Brisson
Holistic Naturopath | Root Cause Detective



Julie Brisson

Together, we'll crush your goals, break down barriers, and unlock your full well-being potential. Let's embark on this transformative adventure!



Next Steps

Congratulations on taking the first step towards a healthier, happier you! I'm excited to guide you on this transformative journey. Here's what you can do next:

1

Explore My Services

Take a closer look in the next pages of all I have to offer you. Each one is designed to meet your unique needs and goals.

2

Schedule a Consultation

Ready to get started? Schedule a **free** 15-Minute Wellness Map consultation with me. It's an opportunity for me to learn more about you and discuss how my coaching services can benefit you.

3

Ask Questions

Have questions or need more information? Don't hesitate to reach out. I'm here to address any concerns and provide clarity on my services and pricing.

4

Set Your Goals

Think about what you want to achieve on your wellness journey. Having clear goals in mind will help me tailor our coaching to your specific needs.

5

Commit to Your Well-Being

Taking action is the key to progress. When you're ready, choose the service that resonates with you and embark on a transformative experience.

Your well-being is a journey, and I'm here to support you every step of the way. Take action today, and let's begin your path to a healthier, happier life!



julianaturopataholistica@gmail.com

My services

Discover the world of possibilities that await you! My services are designed to empower, inspire, and guide you toward a healthier and happier life. From personalized coaching to transformative programs, I've got the tools to help you thrive.

Your Wellness
Journey Starts Here!

✦ Please note that all prices are in USD.

Transformation Bundles

The Vital Flow Starter Kit:

Kickstart your wellness journey with 4-week entry-level version of the Vital Flow Method™, including the initial "Detective Work" and a foundational digital protocol.

\$250

Pregnancy support

A pregnancy requires more than just preparation. With my 12-week program, we will discuss several topics together to optimize the best possible pregnancy and health for your child.

\$800

Mindfulness and Stress Relief Program

Find calmness and balance in a chaotic world with my 6-week program, which empowers you to manage all of your stress and anxiety through mindfulness practices. I will help you build resilience, cope with daily stressors, and find inner peace. Includes weekly coaching sessions.

\$575

Living through perimenopause

Menopause is often perceived as a dreaded transition, marked by physical/psychological symptoms (hot flashes, mood swings). In this 8-week program, we'll not only do the detective work and build your own protocol, you will have concrete tools to improve all aspects of your life.

\$650

Detox & Weight loss Program:

If you are seeking to make meaningful, lasting lifestyle changes, this 4-week program is for you! Together, we'll be aiming to improve your overall health, manage weight, and boost fitness levels. It includes personalized coaching, nutrition planning, fitness guidance, and ongoing support.

\$400

Additional Services



Life Satisfaction

Are you satisfied in your life? Holistic health also includes your mental and emotional health. I will teach you the science of happiness. You'll explore your strengths, set meaningful goals with positive psychology, resilience exercises, relationship tools, and learn strategies for a happier, more fulfilling life.



Lifestyle Transformation

Achieve lasting lifestyle changes can be challenging. Work, family life, obligations... it's hard sometime to even keep our New Year's resolutions. My lifestyle transformation service include personalized coaching, nutrition planning, fitness guidance and much more!



Nutrition Mastery

A key pillar of well-being is nutrition! Hippocrates, the "father of medicine," said: "Let food be thy medicine and medicine be thy food." Nutrition mastery goes beyond dieting; it's about understanding how the foods we consume impact our physical and mental health.



\$50

Wellness Workbook

Enhance your learning and progress with my exclusive wellness workbook. Packed with valuable insights, tips, and exercises, these resources are your secret weapon for achieving wellness success. It is free with any transformation bundle.



You are unique, and your plan should be too!

Unlock your potential and achieve your health and wellness goals with a plan that aligns with your aspirations, and we'll embark on a transformative journey towards a better you.

Depending on your needs, we'll determine together the number of weeks and the right price for you!

[Start Your Journey!](#)

Retreat in Peru



Are you prepared for a life-altering voyage?

EXPLORE THE SACRED VALLEY

Peru is one of the most powerful earthly energy centers. The Andes mountains are a natural healing sanctuary due to the inner healing ancestral ceremonies performed here over the centuries. You can experience authentic traditions to ground you and connect you to higher wisdom and do plant medicine ceremonies. This trip is custom-designed according to your desires and needs.

Contact me for more info.



The Benefits of Health & Wellness Coaching

Personalized Guidance

It's a journey of self-discovery, growth, and transformation. Through personalized guidance, and a holistic approach to wellness, I'll empower you to become the best version of yourself.

Whether you're looking to improve your physical health, boost your mental well-being, or find balance in your life, my services are designed to help you achieve your goals.

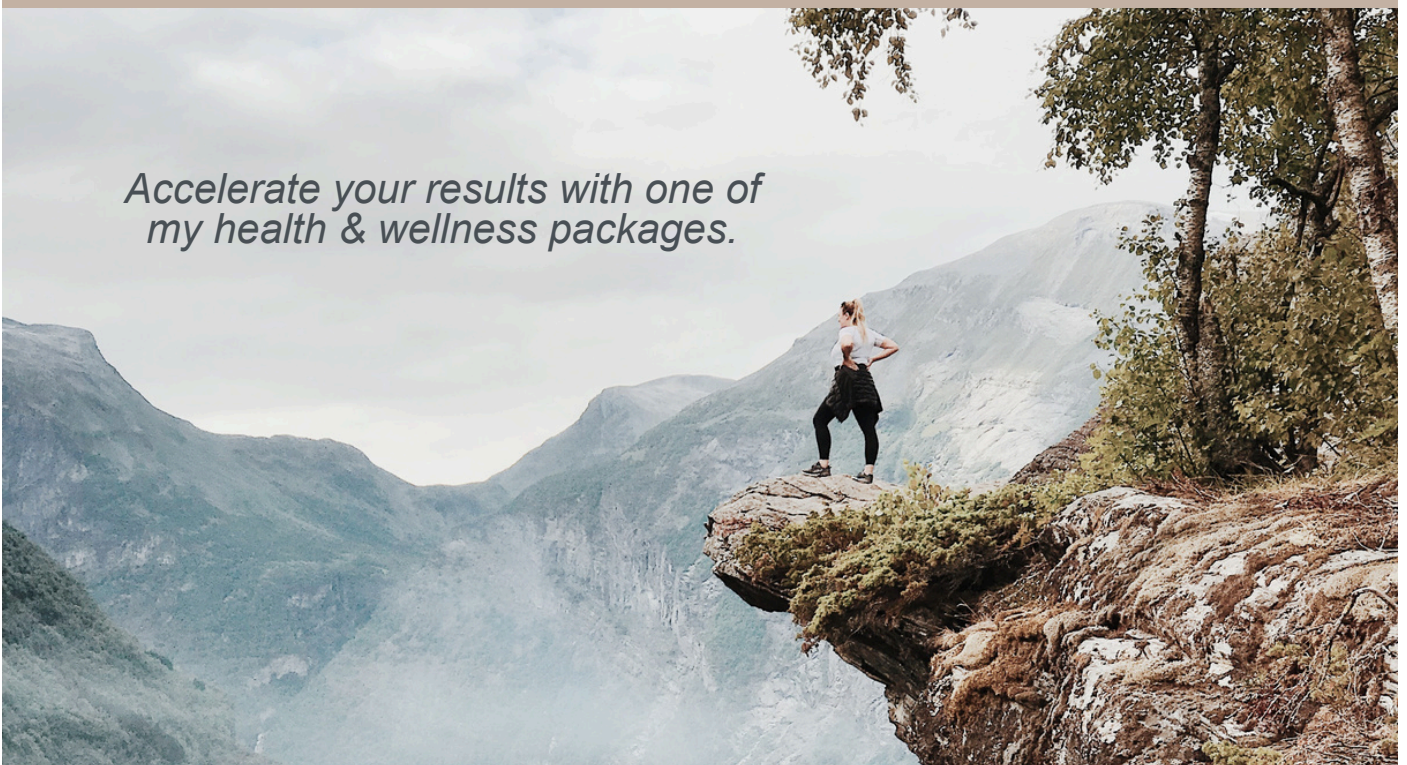
Empowerment and Confidence

My goal is to empower you with the knowledge, skills, and confidence needed to take control of your health and wellness. As you achieve your goals and see tangible results, you'll gain a newfound sense of self-assurance that extends into all areas of your life.

Sustainable Health

I don't believe in quick fixes; I believe in long-lasting, sustainable health. The benefits of my coaching extend beyond the coaching's duration. You'll develop healthy habits, learn effective strategies for maintaining your progress, and have the tools to continue your wellness journey independently.

*Accelerate your results with one of
my health & wellness packages.*



Conclusion

As a Holistic Naturopath, my goal is to make well-being **accessible, achievable, and enjoyable for everyone.** I'm committed to providing you with guidance, personalized support, and the tools you need to thrive.

With a focus on **education, empowerment, and positive change,** I'm here to help you take meaningful steps towards your health and wellness goals. Let's create a healthier world together!

Health
is
Wealth



Transform Your Health, Elevate Your Life!

Contact Me

I invite you to reach out and start your wellness journey with me. Whether you're looking to enhance your fitness, manage stress, or prioritize self-care, I'm here to support you every step of the way. Contact me today to discover how I can help you live your best life.



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Empower Your Wellness Journey
Start Today, Thrive Tomorrow!

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