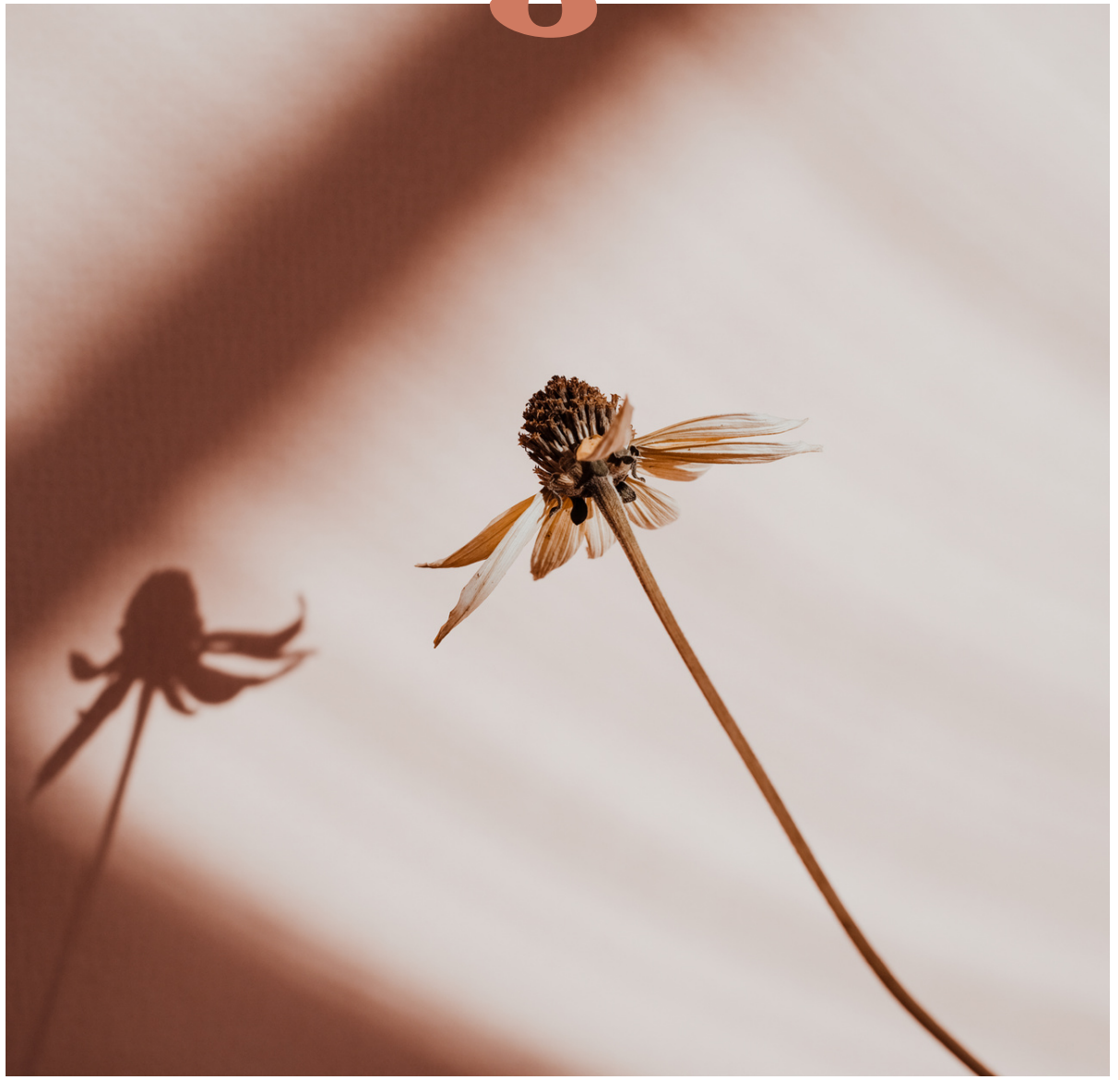


GOLDEN WELLNESS LLC

Services & Pricing Guide



www.goldenwellness.co



Hey there!



I am so happy you are here! Welcome to Golden Wellness. I founded GW in 2017 and since then it has been my mission to create accessible resources and a solid space for women to reclaim their hormone health, metabolism, and use their menstrual cycle as their guiding light.

In the world we live in now, I see us moving further from the foundations that help our bodies to thrive and maintain homeostasis. It is through my practice that I hope to help you rediscover true health in an individualized way so that you can come home to yourself.

Emily

INHC, Founder of Golden Wellness



Why Work with Me

To ensure that I am providing quality services and feedback for my clients, I am selective about the number of women I accept into my 1:1 program. In doing so, I am able to give my attention fully to each client in the program, while also giving each person access to my depth of knowledge in the process. Additionally, as the program progresses we have regular check ins, which allow for the program to become more individualized to you and your needs.

In today's society where health has become a one size fits all approach, I want to change that for my clients by providing a space for them to safely voice their concerns and feel seen and supportive so we can find a solution - and whole health - together.

Unlike some health care providers, I don't rely heavily on supplements or quick fixes. I prefer to take a more holistic approach by looking at the body as a whole. Specifically I focus on nutrition, supporting stress reduction, movement, sleep, and examining toxin load in order to see shifts.

[Read more about me here](#)





1:1 Private Coaching Package

A personalized private coaching program that aims to create permanent & sustainable lifestyle changes that will heal your hormonal imbalances, allowing you to regain your life and have a deep understanding and connection to your body and menstrual cycle.

LET'S WORK TOGETHER : APPLY HERE

AT A GLANCE:

- ✓ Education, guidance, and bioindividual protocols specifically for you - no quick fixes
- ✓ A root cause approach, evaluating your current health and your lifestyle
- ✓ Close and personal 1:1 support
- ✓ 3 month container

PAY IN FULL:

\$2100

PAY PER MONTH:

\$297 deposit due
\$701 per month

How it works:

1

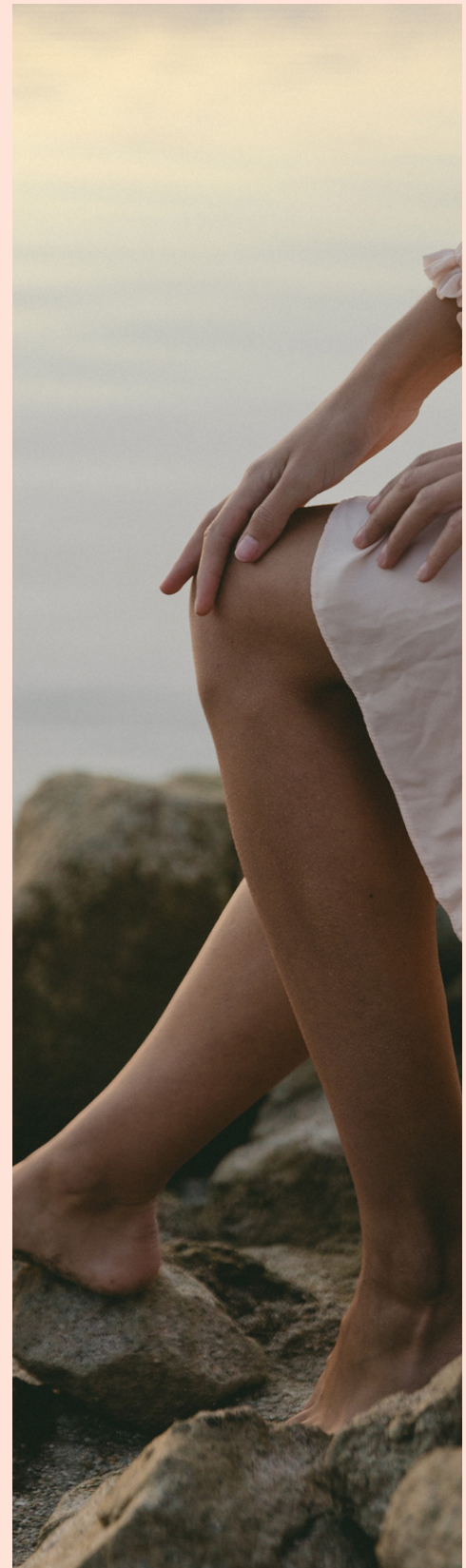
STEP 1: *INITIAL INTAKE SESSION*

- 60-90 minute session where we conduct in depth health and wellness questionnaire to assess your current state of health
- Evaluation of your 5 day food and mood journal (filled out prior to first session)
- Get set up for recording temps and pulses for metabolic evaluation
- Map out health goals

2

STEP 2: *3 MONTH PROGRAM*

- Based on our findings from our initial intake session, we then proceed with specific bio individual protocols and guidance specifically to help you meet your health goals





Here is what's included in each 1:1 program:

- Six 35-45 minute bi weekly sessions (2 session per month)
- Analysis of food journal , temps and pulses at each session
- Check in form at midway point to assess symptom improvement
- Adjusted lifestyle and nutrition adjustments as we go
- Further discussion and education on session topics
- Email follow up after each session entailing your protocols, what we talked about in each session including guides, worksheets, and links to any herbs or supplements discussed
- Access and support as well as continued accountability from me for the duration of our time together via email





Pillars we will cover in the 1:1 Program

- ✓ **Basal body temperature tracking education**, where you will learn how to chart your cycle. Using this information we will then evaluate your chart to determine your metabolic health, luteal phase health and progesterone levels. You will also learn how to determine when you are ovulating each cycle and how to predict when your period will arrive.
- ✓ **Pulse and temperature evaluation**, to take a deeper look into the current state of your thyroid health - which plays a big role in the overall balance of hormones and menstrual cycle health.
- ✓ **Guidance on meals and eating for hormone health**, so you feel confident in creating balanced, nourishing meals that support blood sugar balance and provide the building blocks for hormone health. No restriction, diets, or eliminating here.
- ✓ **Menstrual phase awareness education**, so you fully understand the hormonal and energetic shifts that occur as you move from one phase to the next, and how to best care for yourself as you move through these phases.
- ✓ **Liver and gut health support**, to aid in hormone balance and estrogen detoxification. We will also cover basics on creating a low tox home environment as well to support hormone balance.
- ✓ **Ongoing support and evaluation of lifestyle**, including nutrition, stressors, sleep hygiene, how you exercise, and more. These factors all play a role in the entire state of the endocrine system, and can help or hinder us in our healing journey. We evaluate and create protocols to best suit your lifestyle so you can begin to see positive results as you move through your cycle.

Let's make it happen

01

FIRST, LET'S CHAT

I get it, investing in your health is a big deal and you want to make sure this is the right step to take. Let's hop on a free 15 minute discovery call to chat further and see if we are a good fit to work together.

02

SIGN THE CONTRACT

Once we have decided to work together, let's make it official. I'll email you my program contract so we can get started on this journey together.

03

INVEST IN YOURSELF

To claim your spot working with me, a retainer payment of \$297 is required prior to starting together and will be counted towards the overall investment of the program.

04

SCHEDULING OUR FIRST SESSION

Here, we schedule our first session together. I take into account your work week and schedule, and we find a time that suits us both so our sessions stay stress free, and away we go!



HERE'S WHERE YOU CAN
FIND ME:

CONTACT DETAILS

emily@goldenwellness.co

WHEN I'M AT MY DESK

M - F 9:00am - 3:00pm EST

WEBSITE

www.goldenwellness.co

SOCIAL MEDIA

[@golden.wellness](https://www.instagram.com/golden.wellness)



Testimonials

ESTER V.

Since working with Emily, I have so much more energy throughout the day, experience zero to little period symptoms, and feel fully confident in the food and health choices I make every day. Learning how to listen to my body and fully support it has changed my life in so many amazing ways and I recommend Emily's program to all women!!

JENN E.

When I initially reached out to Em I was nervous. Nervous to spend money, commit to something new, change my behaviors, and step out of my comfort zone. After I had my first consultation all of those fears melted away and I knew something life changing was about to happen. 3 months and 6 sessions later, I am off the birth control pill and am avoiding pregnancy naturally. I was on the pill for over 6 years and the transition off, was nothing short of flawless. Aside from successfully getting off the pill, I shed 8 lbs. effortlessly, have glowing skin, and my mood has changed (for the better!) tremendously. I cannot say enough great things about Em as a human and coach. Do your health a favor and confront your fears knowing Em will be with you every step of the way.

JESSICA D.

During my time with Emily I was able to do something unimaginable. I was able to take control of my period instead of my period taking control of me. During my healing process, I was also able to fix digestive issues that I've dealt with for over 20 years and calm my eczema flair ups. I'm so happy I took a chance with Emily!

[Read more testimonials here](#)

FAQ's

What if I want to continue working with you after the 3 months is up?

There is no limit to how long we can work together. If you feel you want continued support after our time together, we can continue having a la carte sessions when you need.

My schedule is packed during the week, do you ever take clients at night or on weekends?

While I don't take clients in the evenings (EST), I can make accommodations on some weekends, typically Saturdays.

Do I have to be enrolled in Bringing Back Balance to work with you?

No, but it is a great place to start, and can help accelerate your healing process if you already a student within the course!

How long until I see results?

Everybody is different. It takes a long time to develop the issues I see surrounding women's hormone health, and it can take a long time to see positive changes - that being said, everyone is different! For most of the women I work with, they start to see small positive changes after our first session together, and by the end of the program, most of their symptoms have resolved.

How do I know this program is a good fit for me?

I spend a lot of time talking with potential clients before they sign on to a program. I want you to feel confident that this is the right step. I will always be upfront with you if I feel your condition is beyond my capabilities, and will refer you to a colleague who I think may be the best fit for you.

Let's Get Started!

Alright - you ready to do this? I can't wait to get started working with you. Together we will help you begin to take steps towards creating a nourishing life that allows your body to finally begin to heal and come back into balance.

APPLY HERE



LEARN MORE

I want you to know that it is possible to feel better, to resolve stubborn symptoms you've dealt with for years, to have confidence in your health and to learn how to use your body and cycle to elevate your entire life.

This is my passion in life and I can't wait to meet you - let's get those hormones balanced!

Emily



emily@goldenwellness.co

www.goldenwellness.co

