



Support

Monthly @ \$200 - Initial Three (3) Month commitment required

OVERVIEW

Rooted Sonshine will provide individualized support and empathetic coaching via bi-weekly calls, detailed assessments, tailored resources, and practical steps to foster your growth.

GOALS

1. For you to feel escorted and empowered
2. For you to feel confident in identifying and working toward your goals

SPECIFICATIONS

Rooted Sonshine will tailor support to meet your needs and can include professional, personal, family, mental, physical, emotional, spiritual, and intellectual attention. Rooted Sonshine will offer suggestions that might be of specific interest to you, including, but not limited to, online resources, books, exercises, or tools. First monthly payment is due after the initial meeting. Ongoing payments are due on the same date each month thereafter.

MILESTONES

Initial Meeting

This thirty (30) minute meeting includes introductions, appreciation, boundary and goal setting.

Ongoing Meetings

Rooted Sonshine will be available for one (1) thirty (30) minute phone call every other week, scheduled at your convenience. We follow the framework of update, analyze, and growth.

Capstone Meeting

If you choose not to extend past the three (3) month initial commitment, Rooted Sonshine will be available for a final thirty (30) minute meeting to revisit goals, celebrate success, and set the path for future growth.