She's The Vibe — Coaching Pre-Booking Packet

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Practical. Pretty. You.

Welcome 💛

Hey! I'm Christina — founder of She's The Vibe, certified life coach (NLP practitioner + positive parenting coach), and someone who has *lived* the hard stuff you're probably going through right now.

Coaching with me isn't therapy. I'm not going to sit across from you with a clipboard and nod silently. This is real talk — we get honest, we get practical, and you leave every session with something you can actually *do*. No shame, no judgment, no toxic positivity. Just hype for the person you're becoming.

Everyone is welcome here. All genders. All parents. Single, married, divorced, it's-complicated. If you're a human going through it, you belong.

This packet has everything you need to know before we start — the tracks, the pricing, how booking works, and what to expect. Read it through, fill out the intake form, and send it my way. I'll review it personally and we'll take it from there.

The Three Coaching Tracks

🔀 UNTANGLED — Divorce & Separation Support

You're not broken. You're just in the messy middle.

For anyone navigating divorce, separation, or the aftermath — whether you're thinking about leaving, in the middle of it, or picking up the pieces. Especially when kids are involved and you're trying to keep them at the center of it all.

Coaching is emotional support and strategy — not legal advice. For legal questions, talk to a lawyer.

🔁 CYCLE BREAKER — Breaking Generational Cycles

It ends with you. And it starts with you too.

For anyone who looks at the patterns they grew up with — the yelling, the silence, the people-pleasing, the "just deal with it" energy — and thinks *not my kids, not my life, not anymore.*

🔋 SOFT RESET — Burnout Recovery

You can't pour from an empty cup. Let's fill yours back up.

For the overwhelmed. The "I'm fine" (you're not fine). If rest feels like a luxury you haven't earned and you're running on fumes — this is for you.

Not sure which track? That's normal — real life doesn't fit in neat boxes. Most of my clients touch on more than one. We'll figure out where to start together.

Pricing

	Single Session	4-Session Package	8-Session Package
Untangled (Divorce)	$175	$597	$997
Cycle Breaker	$175	$597	$1,097
Soft Reset (Burnout)	$150	$547	$947

All sessions are 60 minutes, 1-on-1, over video. Every session includes a written recap, worksheets, and text/voice support between sessions (Mon–Fri).

Deposits & Payment Plans

To lock in your spot, a deposit is required when you book:

Package	Deposit to Book	Balance
Single session	**$75** (or pay in full)	Due 48 hours before session
4-session package	**50%** ($274–$299)	Remaining 50% before Session 3
8-session package	**1st of 3 payments** (~$316–$366)	Monthly (before sessions 4 and 7)

Why deposits? Because your time matters and so does mine. A deposit means we're both committed — and I only take a limited number of clients so everyone gets my full energy.

How to pay: Secure Stripe payment link (all major cards). Receipts emailed automatically.

What Happens Next

Here's exactly how this works, step by step:

1. **You fill out the intake form** (included in this packet) and email it to **christina@shesthevibe.co**
2. **I personally review it** — this helps me understand where you are and whether we're a good fit
3. **We schedule your free 20-minute discovery call** — no pressure, just real talk about what you need
4. **You choose your track and package**, sign the coaching agreement, and pay your deposit
5. **We schedule your sessions** and the real work begins 💛

The intake form isn't a test — there are no wrong answers. It's how I show up prepared for *you*, not generic. Answer what feels right, skip what doesn't.

Cancellation & Rescheduling — The Short Version

Life happens on both sides. Here's the deal:

- **More than 24 hours notice** → free reschedule, no questions asked
- **Under 24 hours** → three-strike system (goes both ways — I hold myself to the same standard)
- Strikes 1 & 2: grace, no penalty
- Strike 3 (you): the session counts as used
- Strike 3 (me): you get a free session
- **No-call, no-shows** aren't okay — just send a quick text. Communication goes both ways.
- **Full refunds** available before your first session, no questions asked.

The full policy is in the Coaching Agreement you'll sign before we begin.

Mandated Reporter Disclosure

I'm a **mandated reporter** in the state of California. If, during our work together, I learn about suspected child abuse or neglect, elder or dependent adult abuse, or a threat of serious harm to yourself or someone else, I'm legally required to report it.

Everything else stays between us. Period. And I'll always be upfront with you if this ever comes up.

Coaching vs. Therapy — Please Read

I am a **certified life coach** (NLP practitioner + positive parenting coach). I am **not** a licensed therapist, counselor, or attorney.

Coaching is forward-focused: we work on where you are now and where you want to go. It is **not** a substitute for therapy, medical care, psychiatric treatment, or legal advice.

If you're in crisis, please call or text **988** (Suicide & Crisis Lifeline), text **HOME** to **741741**, or call **911**. Coaching is not crisis support — I want you safe first.

Questions?

Email me — I actually read my emails.

christina@shesthevibe.co

— *Christina* 💛

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