

For more information, contact Lori at www.loriroeleveld.com, through email at lorisroel@gmail.com.



for Christians

You may benefit from Take Heart coaching with Lori if you're:

- An everyday believer at risk of losing heart.
- A Christian writer, speaker, pastor, or ministry leader hoping to impact others with your words.
- Discouraged? Weary? Wondering about quitting? Feeling stuck or ineffective.
- Hopeful. Ready. Eager to take your communication to the next level.
- Facing a personal crisis and wondering how to navigate publicly as you recover.

Coaching Investment Schedule and Fees : Lori offers a free 30-minute introductory session to ensure there's a "good fit" for a successful partnership. Contact her to schedule your free session at lorisroel@gmail.com

Sessions are 60 minutes in length. Coaching sessions will be conducted by phone, Zoom, or face-to-face as applicable. Packages include a specified number of unscheduled "Lifeline" calls anytime (prior to the final session) you need a quick response or brainstorming partner to deal with a problem or dilemma. Not to exceed 20 minutes. **(For feedback on 20-50 pages of WIP, there is an additional \$40. Reading fee on any package.)**

Life/Ministry Coaching:

HEART REHAB – SUPPORT FOR A FADING HEART – Whatever You Can Pay.*

Heart Rehab is a 4-6 60-minute sessions coaching course I designed out of my own life experience. I was feeling fragmented, scattered, running in a million directions at once and feeling as if I was never enough. Someone told me to balance all the hats I wear but, God whispered that it's not about the hats on my head – it's about the health of my heart. This led me to a four-chambered review of my loves, my communities, my calling, and my rest – which all flow from a heart surrendered at the cross of Christ. Let me walk you through this process that is simple but profound. Using God's Word, heart-reviving questions, and your feedback, together we'll rehab your worn and weary heart in a way that also rejuvenates your energy and renovates your approach to your calendar and your to-do list. **I don't charge a set fee for this course but ask only for whatever you feel you can afford when we're through.**

CRISIS COACHING PACKAGE: Option E (for emergency) – Special pricing and pacing varies according to need.



This option is for the Christian communicator facing a personal, spiritual, or professional crisis – processing rejection, considering giving up, trying to lead/communicate through crisis, experiencing writer's block, facing an unforeseen challenge that appears impossible to overcome. Lori's been there.

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We'll chat during a free 45-minute planning session about your need, the number of sessions you may require for the situation, and your resources. Call. I can help.

HARD CONVERSATION COACHING PACKAGE: Option H – \$50/\$75/\$125*



Do you struggle with hard conversations but there's an important one you've been delaying, on your horizon, or already scheduled and you'd like help making it effective? This coaching package is designed for you. With years of experience having effective conversations and having written *The Art of Hard Conversations: Biblical Tools for the Tough Talks that Matter*, there are skills I've gained that will

benefit you!

Option H includes:

- 1-3 Coaching Sessions
- Follow-up emails for each session
- One 20-minute Lifeline call
- Texting support during one scheduled hard conversation

WRITER/SPEAKER/PASTOR COACHING:

*All packages are pre-paid at agreement (installment options can be discussed upon request).

Development Coaching and Feedback for Work-in-Progress Package: Option I – Up to 3 coaching sessions at \$65/session plus reading fee of \$50 (up to 50 pages). (Not an editing package. Lori is a coach, not an editor.)

- 1-3 coaching sessions to discuss feedback
- Reading up to 50 pages of WIP prior to session with coaching notes (If you would like feedback on more than 50 pages, we can discuss an adjusted fee, ongoing)

POWER UP PACKAGE: Option A – \$325.*

Coaching at your pace with plenty of time between sessions for completion of homework assignments. Great for the writer/speaker aware of the proven benefits of coaching who has direction and specific questions.

Option A includes:

- Five 1-hour Coaching Sessions at your pace (not to exceed more than one per week).
- 2 20-minute Lifeline Calls prior to the final coaching session of the package.
- Up to seven emails for questions related to current WIP or assignments that originate from your coaching sessions.

EASY GOING PACKAGE: Option B – \$210.*

Coaching at your pace with plenty of time between sessions for completion of homework assignments. Ideal for the writer/speaker with short-term need or who may be tentative about the benefit of coaching.

Option B includes:

- Three 1-hour Coaching Sessions
- One 20-minute Lifeline Call prior to the final coaching session
- Up to five emails/month

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STEADY SUPPORT PACKAGE: Option C - \$60 per month – payment due first of each month (must commit to three, six or twelve-month for this option.) (Spots are limited for this option.)

This option is perfect for the writer/speaker just starting out who wants consistent encouragement, spiritual direction, and constructive coaching to establish a firm foundation OR the writer/speaker ready now to move to the next professional level. OR the writer/speaker tempted to abandon her dreams and give up writing/speaking needing to recapture the joy. OR the writer preparing for a first conference, first book proposal, completing a first major project, on deadline for a publisher or losing focus.

Option C includes:

- Monthly coaching sessions with three, six or twelve-month commitment
- Up to 3 emails/month
- One 20-minute lifeline call/month
- Weekly text support

SINGLE SESSION PRICING: Option D – \$75 per session*

This option allows you to choose a per session rate. Option D is a good option for the client exploring the coaching process and/or focused on a specific focused concern. It could also be helpful as a follow-up after a full coaching engagement.

Option D includes:

- 1 Coaching Session
- Up to 2 Emails

CUSTOMIZED COACHING: Option Z – FLEXIBLE PRICING.*

This package is ideal if you're looking for life coaching or help with writing/speaking and have specific project, time, or financial parameters. You and I will discuss your specific needs to create a customized coaching package with customized pricing. Ideal for someone with unique needs, timing, or financial restraints. Email me at lorisroel@gmail.com and we'll schedule a "Do We Fit" session for 45 minutes – 30 minutes to explore your needs and 15 minutes to create our package.

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up." Galatians 6:9 ESV