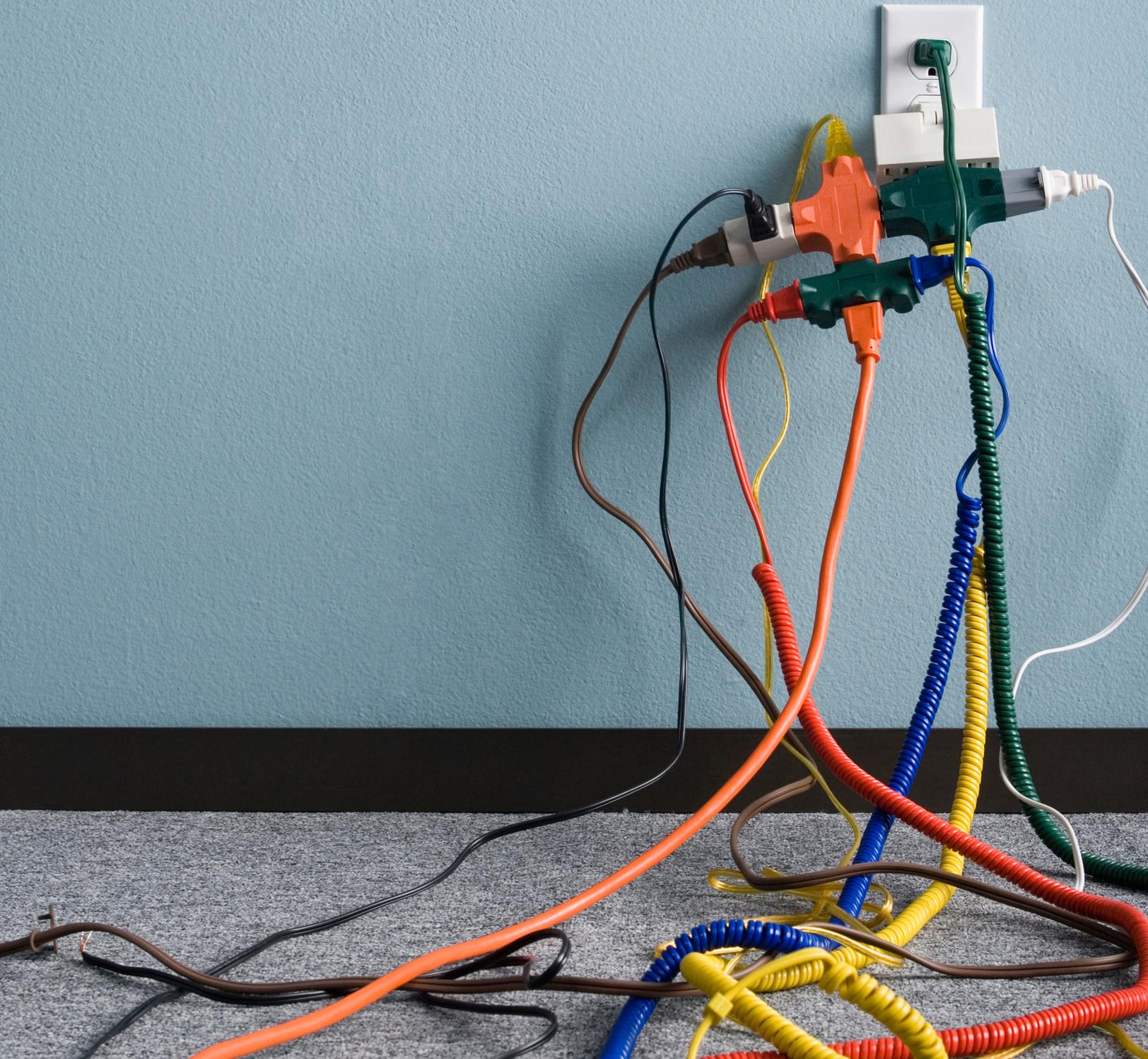


#HEALTHEQUALSSUCCESS

Back to Health

with  WODeration





At WODeration LLC. Coach Ro understands that life's challenges are unique and complex to all individuals.

As a virtual/ online coach who has worked in the construction industry herself for over two decades, Coach Ro advocates that health equals success - both personal and professional.

Health is also not just physical, but mental and emotional as well, feeding and dependent on one another.

When looking for the biggest ROI regarding your health, it's important to fully understand each of the components and how they apply to one's lifestyle. Lifestyle is all encompassing. It's work, it's hobbies, it's family. And for many, not one day is the same as the previous.

Coach Ro has taken her knowledge in nutrition and fitness and applied it to her experience in the construction industry to create programs that help individuals, entrepreneurs/ small businesses and large corporations make health a priority and an integral part of that day-to-day functionality.

These programs are:

- Individual Guidance
- Entrepreneur/ Small Business Guidance & Support
- Corporate Wellness

Each of these programs is meant to be used as a resource and they are fully customizable based on needs, desires and goals.

Program pricing is based on a minimum initial commitment and then translate into a monthly membership or hourly rate for new objectives and/or maintenance.

Guidance

The 12 week Individual Guidance program is about creating balance between all the components in an individual's lifestyle. It begins with initial metrics to measure change and includes an in depth goal setting session. Scheduled weekly coaching calls provide accountability, but also a means for open communication so any aversions or obstacles in the individual's life can be identified and discussed.

This plan is offered at an initial cost of \$510 for the first 12 weeks. It includes (1) 45 minute virtual kick-off meeting and 30 minute, weekly coaching calls throughout the program.

Monthly membership continues these services at \$150 per month.

Ala carte services may be added to supplement the individual's needs at a cost of \$75 per hour. These add-ons include nutrition planning, personalized workouts and more.

Entrepreneur/ Small Business

The 12 week Entrepreneur/ Small Business Guidance program functions as a soundboard specifically for your business with feedback, tools and resources to help you navigate today's modern challenges of time management as a business owner.

This plan is offered at an initial cost of \$510 for the first 12 weeks. It includes (1) 45 minute virtual kick-off meeting and 30 minute, weekly coaching calls throughout the program.

Monthly membership continues these services at \$150 per month.

**Additional services are offered below for the Entrepreneur/ Small Business Guidance program.*

Coach Ro provides specific services to supplement completing those important action items, consisting of, but not limited to the list below. The premise behind offering these services is that no one can do everything themselves and when we try to, there are usually undesired consequences. So, just as we would hire an accountant or plumber, outsourcing tasks can create opportunity for a healthier, more balanced, successful lifestyle.

- Virtual Assistant
- Branding
- Marketing
- Business Development
- Strategic Project Planning

Professional services are offered at an initial retainer fee of \$5,000 and charged against that retainer at an hourly rate of \$75 per hour.

A quote can be provided for individual projects and charged on a per project basis.

Corporate

This 12 week Corporate Wellness program is similar to the Individual Guidance plan, but it's scaled to encourage and promote healthy culture within the organization.

It begins with a one-on-one goal setting session with each employee to understand their needs and then how those needs can be met to translate into the bottom line.

All metrics and communications are maintained confidentially on a private platform with an option to partake in weekly group coaching calls for education and team building.

This plan has an initial set up fee of \$150 per employee, with a minimum commitment of 12 weeks for the plan at a rate of \$75 per employee per month.

It is recommended that this plan be implemented with a starting group of 10 employees which would breakdown into \$1,500 to start and three (3) monthly payments of \$750 per month for the first 3 months.

Upon completion of the initial 12 weeks, a negotiated monthly rate can be established to continue or include additional employees.

Contact

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~ It's about creating healthy habits, not restrictions~



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