

Balance with Brittany

EXCLUSIVE LIFESTYLE & MINDSET MEMBERSHIPS

If you desire a unique integrative approach to support the achievement of your wellness goals, the consistent improvement of your total mental health, the development of healthy relationship dynamics and relationship skill building, and /or the overall complete journey to positive growth and change, then you are in the right place! Brittany's memberships effectively present a personal concierge approach carefully designed with your unique total wellness and overall quality of life at the forefront. Support can be offered at every twist and turn, and growth can happen in even the most surprising places when you are open to an immersive lifestyle wellness experience

All programs are strongly encouraged to begin with a 3-month commitment to yourself and the process. Spots are limited, so sign up today!



SIMPLE BALANCE

\$800 - \$1,100 monthly rate

Everything you need to stay grounded and stable, the best option for staying on track.

- 1 x one on one monthly 60-90 minute session
- 2 x 30-minute phone check-ins per month
- 5% off any additional services
- Option to add "On Demand" | "Real Time" consultations & support via text and email (+\$500-600 monthly)

ESSENTIAL BALANCE

\$1600 - \$1900 monthly rate

This package ensures you stay on course, while fostering personal and professional growth.

- 1 x one on one monthly 60-90 minute session
- 3 x 30-minute phone or video check-ins per month
- "On Demand" | "Real Time" consultations & support via text and email
- Access to preferred scheduling options to best your schedule demands
- 10% off any B Balanced additional services
- Option to add an additional one - one on one consulting session of your focus choice (+300)



ELITE BALANCE

\$2,000 - \$2,500 monthly rate

The perfect tool to elevate your wellness journey and maximize balance by opening all the doors wide open to expansive growth.

- 2 x 90 minute monthly one on one sessions
- 3 x 30-minute phone call or video check-ins per month
- Co-journaling - shared virtually document or mobile "note"
- "On Demand" consultation & support via text and email
- Milestone and transitional assistance support and care
- Access to preferred scheduling options to best your unique scheduling needs
- 15% off any additional B Balanced services and / Elite only specific services





B BALANCED COUNSELING & WELLNESS

Why Choose a Membership?

- 360 degree support through “real time” coaching and consultation. Immediate guidance in strategy implementation, coping skill application, communication, decision making, and moving consistently towards your personal and professional goals.
- Experience increased progress towards your goals and overall faster goal achievement.
- Confidently exercise intentional focus and mindful decision making.
- Priority scheduling to accommodate your potentially dynamic schedule needs.
- Flexibility in coaching, consulting, and therapeutic modalities.
- Integrative approach applied in detail to your own unique “big picture.”
- Weekly membership only email content directly from Brittany full of coaching tips, guided exercises, and weekly challenges to help further your growth and provide even greater support.

Looking for something lighter
to accompany your wellness mission?

Guided Growth & Extended Balance

\$900 Monthly

This specific membership program option is designed primarily for those individuals who may be navigating a new beginning, working towards a lifestyle change, transitioning out of traditional psychotherapy; or simply desiring additional integrated support in their total wellness journey. Brittany’s “Guided Growth & Extended Balance” membership beautifully supplements all the gear shifts of life through collaborative and intentional life planning, strategizing, goal setting, community building, boundary establishment, and collaborative care.

Includes:

- 1 x 30 min monthly virtual “strategy session”
- Collaborative virtual document for journaling, goal setting, and assigned coaching exercises
- Real time text or email consultation during challenging and or goal driven events
- 10% discount on any additional consulting service add on

