



Concierge Coaching Services at Kitchen Shift

All you need to know about the individual coaching services offered with Beth from Kitchen Shift.

Let's meet in the kitchen where we can shift your habits, health, and life - no matter how big or small.



KITCHEN**SHIFT**

Basic Coaching

With our basic coaching package, you get full access to Beth and all of the knowledge and experience she possesses for four full one-hour sessions either in-person or virtually. It also includes:

- One FREE 20 Minute Virtual Consult
- Goal-Setting and Strategy Sessions
- Accountability Partner and Weekly Check-ins
- Access to a Variety of Healthy Recipes that fit Your Goals
- Actionable Work to Improve Eating and Lifestyle Habits

Why People Love Basic Coaching:

- Actionable Coaching leaves You Motivated and Intentional About Change
- Individualized With Your Goals, Health Needs, and Lifestyle Limitations in Mind
- Helpful and Educational Content Accumulated Over Years of Experience

Price Per Session Starts at \$99.00

Premium Coaching

- With our premium coaching, you'll get an intimate and immersive experience with Beth. Aimed toward your goals and lifestyle shifts, we'll talk together, set goals together, cook together, and more:
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- One FREE 20 Minute Virtual Consult
- Goal-Setting and Strategy Sessions
- Accountability Partner and Weekly Check-in
- Interactive Kitchen Workshopping and In-Person Cooking Sessions
- Meals Prepped from Interactive Cooking Sessions Aimed at Your Goals
- Actionable Work to Improve Eating and Lifestyle Habits

Why People Love Premium Coaching:

- Personalized and Specific To Your Needs in Content, Cooking, and Overall Coaching Approach
- Relational Work With Your Other Healers, Physicians, and More to Create a Holistic Experience
- Premium Food Prep and Cooking Lessons to Create a New Relationship with Food and the Kitchen
- Warm and Educational Approach that Makes Learning About Health Enjoyable
- You Learn + Cook in a Certified Kitchen Where You Can Take Home & Enjoy Your Creation

Price Per Session Starts at \$139.00

Email Beth@KitchenShift.com to Start Your Shift
