

# CLIENT WELCOME PACKET



COACH: AMI DAVIS

# WELCOME



*Hey go!*

**I'M AMI AND I WELCOME YOU  
TO ACADAMI COACHING!**

I am so excited to have you here and so honored at the possibility of us working together. It is my passion to bring wellness and prosperity to as many people as possible. I believe that locked inside each of us is a power unlike any other and I want to help you get in touch with that part of yourself. My goal as a coach is to hold a safe space for you to get to know you, explore your own possibilities, and create action plans to actualize those goals! Whether it's a position of growth or a specific challenge you are navigating, I am looking forward to walking through it with you, offering an empowering perspective, support, time, and space to help get you through and onto excelling in your life.

As you'll see below, I offer a few different coaching options, including different dosage and duration so you can sign up for what you think fits you best. All packages are designed to get you real results and, no worries, you always have the option to extend. Every option has an option to include fitness coaching. My hope is that we will get to work together for a very long time. As we know, transformation is an endless journey and I am happy to be here for you.

*Let's get going!*

**AMI DAVIS  
(SHE/THEY)**

# PACKAGE OPTIONS

These packages are your best value; most inclusive and intensive; and offer the most outcome options and goals to focus on. With more time together, we can dig deep and really get to the root of some of your hardships, create solid plan(s), and implement the habit changes that may need to occur to get you to your goal(s). This is great for multiple growth points/challenges and/or if you're seeking to really dig in. If you respond best to higher accountability and interaction, the high dosage is highly suggested.

## ✓ 12 MONTH COMMITMENT HIGH DOSAGE

Best value and pacing; most inclusive and intensive; Most outcome options; self-regulation lessons included.

This is a weekly Zoom meeting of 1 hour with your coach for 12 months to work on specific growth or challenge goal(s).

**What you get:** initial disruptor session (free), 12 coaching sessions, 12 reflection sessions, 12 guided meditation, visualization, and planning sessions, 12 activity sessions, access to group meditation and coaching sessions (12), final evaluation session (free).

~~16,000 USD~~ 14,400 USD (payment plans available)



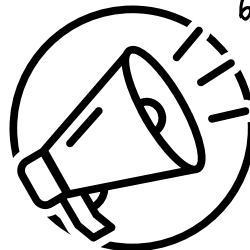
## ✓ 12 MONTH COMMITMENT LOW DOSAGE

This is a bi-weekly Zoom meeting of 1 hour with your coach for 12 months time to work on specific growth or challenge goal(s).

**What you get:** initial disruptor session (free), 6 coaching sessions, 6 reflection sessions, 6 guided meditation, visualization, and planning sessions, 6 small action sessions, access to resources and more exercises, access to group meditation and coaching sessions (12), final evaluation session (free).

~~9500 USD~~ 7200 USD (payment plans available)

To discuss options longer than 12 months, please contact me: [ami@theacadami.com](mailto:ami@theacadami.com).



Only  
6 total spots  
available

# PACKAGE OPTIONS

Here are the 6-month long options. With this amount of time, we can maintain a pretty fluid pacing. These options are great for 1-2 focus goals and both include self-regulation lessons. If you are seeking more deep and transformational shifts and respond best to higher accountability and interaction, the high dosage is highly suggested.



## 6 MONTH COMMITMENT HIGH DOSAGE

This is a weekly Zoom meeting of 1 hour with your coach to work on specific growth or challenge goal(s).

**What you get:** initial disruptor session (free), 6 coaching sessions, 6 reflection sessions, 6 guided meditation, visualization, and planning sessions, 6 activity sessions, access to group meditation and coaching sessions (6), final evaluation session (free).

~~9500 USD~~ 7200 USD (payment plans available)

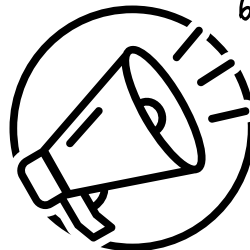


## 6 MONTH COMMITMENT LOW DOSAGE

This is a bi-weekly Zoom meeting of 1 hour with your coach for 6 months time to work on a specific growth or challenge goal(s). **What you get:** initial disruptor session (free), 6 coaching sessions, 6 reflection sessions, small action exercises (at-home), access to resources and more exercises, access to group meditation and coaching sessions (6), final evaluation session (free).

~~4200 USD~~ 3900 USD (payment plans available)

To discuss options longer than 12 months, please contact me: [ami@theacadami.com](mailto:ami@theacadami.com).



Only  
6 total spots  
available



# PACKAGE OPTIONS

These programs are your 4-month long options.

Please keep in mind that with only 4 months time, we are limited to what we can achieve together and will need to move faster. The low dosage more so than the high, but both of these programs will be accelerated/move faster and we will likely only be able to focus on 1 growth/challenge goal.



## 4 MONTH COMMITMENT HIGH DOSAGE

This is a weekly Zoom meeting of 1 hour each with your coach for 4 months time to work on specific growth or challenge goal(s).

**What you get:** initial disruptor session (free), 8 coaching sessions, 8 reflection sessions, small action exercises, access to group meditation and coaching sessions (4), final evaluation session (free).

~~5800 USD~~ 5200 USD (payment plans available)



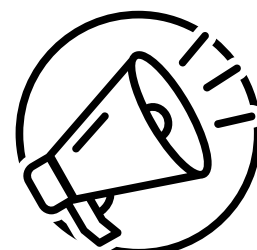
## 4 MONTH COMMITMENT LOW DOSAGE

This is a bi-weekly Zoom meeting of 1 hour with your coach for 4 months time to work on a specific growth or challenge goal(s). **What you get:** initial disruptor session (free), 4

coaching sessions, 4 reflection sessions, small action exercises, access to group meditation and coaching sessions (4), final evaluation session (free).

~~2800 USD~~ 2400 USD (payment plans available)

To discuss options longer than 12 months, please contact me: [coaching@theacadami.com](mailto:coaching@theacadami.com)



Only  
6 total spots  
available

# WHAT TO EXPECT

## FROM THE ACADAMI COACHING PROGRAM

Acadami Coaching is designed to be a holistic approach to wellness. You will get out as much as you put in. You have the opportunity here to get professional guidance and support through many facets of life.

### ✓ **COACHING SESSIONS**

This is a time and space for me as a coach to hold a mirror for you, offer activities that may be helpful, to offer other perspectives, and suggest next steps.

### ✓ **REFLECTIONS SESSIONS**

This is a time and space to dive deeper into you and really reflect on your beliefs, actions, and attitudes then to reflect on how well they do or do not serve you.

### ✓ **FITNESS COACHING SESSIONS**

This is a time and space to review your exercise and nutrition patterns and design an action plan to make necessary adjustments to help you meet your body/health/ability goal(s).

### ✓ **GROUP MEDITATION SESSIONS**

This is an open event, hosted once a month, that all clients have access to. I will lead us through the 6 Phase meditation together and offer some time for open conversation.



# KICKOFF CHECKLIST

## CHOOSE YOUR PACKAGE

Choose the service package that you believe best fits your current needs. No worries though, you can always extend later.

## COMPLETE THE CLIENT INTAKE FORM

Answer the questions honestly on the intake form and submit to your coach via e-mail as soon as possible to get the ball rolling. Your coach will then send your coaching agreement and invoice.

## SIGN YOUR COACHING AGREEMENT

Be sure to proof read your agreement thoroughly, make note of any changes you see need to happen and if none, sign and return to your coach via e-mail. Please indicate whether you are requesting to pay in full or use a payment plan.

## PAY YOUR DEPOSIT OR INVOICE

You have many options for payment: personal check, Zelle, or online credit card payment. You can also secure a payment plan with your coach if need be.

## SCHEDULE YOUR FREE, DISRUPTOR SESSION WITH YOUR COACH

Once you have turned in your intake form, signed agreement, and paid your deposit or invoice, reach out to your coach via e-mail or Whats App to set your exact coaching schedule.



# TOOLS & RESOURCES

## FORMS AND DOWNLOADS:

- 01 E-mail your coach or go to [www.theacadami.com/coaching](http://www.theacadami.com/coaching) to download your intake form, coaching agreement template, and access other information and resources.

## COMMUNICATION:

- 02 Download Whats App to chat directly with your coach or send an email to the e-mail address below. Be sure to download Zoom for our sessions as well.

## QUESTIONS???

- 03 You can reach me via e-mail listed below or Whats App:



Ami Davis  
WhatsApp contact



# HOW TO REACH ME

Office Hours: Tues. - Sat. 10:00am - 4:00pm PST

|   |                     |  |
|---|---------------------|--|
|  | Email               | <a href="mailto:coaching@theacadami.com">coaching@theacadami.com</a>                     |
|  | Phone               | 760 - 995- 1225  |
|  | Text/Direct Message | Whats App: Ami Davis (7609951225)  |
|  | Website             | <a href="http://www.theacadami.com">www.theacadami.com</a>                               |
|  | Social              | <a href="http://www.instagram.com/acadamicoaching">www.instagram.com/acadamicoaching</a> |
|  | Social              | <a href="http://www.instagram.com/theacadami">www.instagram.com/theacadami</a>           |
|  | Social (personal)   | <a href="http://www.instagram.com/ami_r_davis">www.instagram.com/ami_r_davis</a>         |





# THANK YOU!

I am so excited to be a part of your journey. You honor me with your invitation to help act as a guide, a support, to be your coach.

Please do not hesitate to reach out to me with your questions.

Don't forget that The Acadami website is chalked full of information/education and even more resources for you. Take some time to explore there. You'll be glad you did! All blank forms you may need will be housed here and available for download along with educational videos, guided meditation audio, and more!

Talk soon! I appreciate you and again, I cannot wait to get into some truly transformational work together.

*Love, Coach Ami*

[WWW.THEACADAMI.COM/COACHING](http://WWW.THEACADAMI.COM/COACHING)