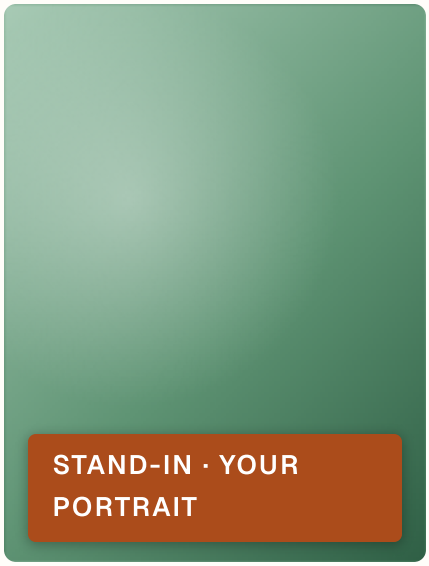
SAMPLE

1:1 AND SMALL-GROUP COACHING WITH SAM RIVERA

Calmer Mornings

Four sessions to build a morning that starts slow and steady: less phone, more breathing room, and a routine that survives a busy week.

Example offer, made for a sample creator, not your content. Yours is made from your own posts and material.



Who it's for

- You reach for your phone before you're out of bed
- Mornings feel rushed, even when you wake up early
- You've tried routines from videos and none of them stuck
- You want a plan made for your week, not someone else's

What's included

- Four 45-minute video sessions, one a week
- A morning plan written for your schedule
- A printable habit tracker for the four weeks
- Message support between sessions

Price

1:1

$480

Four private sessions, booked at times that suit you.

Book a session

SMALL GROUP · UP TO 6

$180

Four group sessions on a set evening, same plan and tracker.

Join the next group

SAMPLE

SESSION PLAN · FOR THE COACH

Four sessions, one steady morning

We write this plan with you so every session has a goal, a short exercise and homework. You run the sessions your way.

1 Where your mornings go

Walk through yesterday morning minute by minute. Find the two moments that set the tone. Homework: a phone-free first ten minutes, three days this week.

2 Build the first fifteen minutes

Choose three small things to do before any screen: water, light, a few slow breaths. Write them on the tracker. Homework: the fifteen minutes, five days.

3 Plan for the hard days

What happens when you oversleep or a child is up early? Make a two-minute version of the routine.

4 Make it yours to keep

Review the tracker, keep what worked, drop what didn't, and plan the next month on your own.

Booking

Your booking page, calendar and payment are set up for you. Clients pick a time and pay in one step.

CLIENT TRACKER

Four weeks, one page

The rest is in the full offer

Your finished offer has the client tracker, intake questions and booking page.

WHAT YOU'D GET

Your coaching offer, set up for you

This sample shows the format. Yours is built around what you already help people with, at prices you set.

The one-page offer

Who it's for, what's included and the price, written in your voice.

Session plan

A goal, an exercise and homework for every session. You run them your way.

Booking page

Calendar and payment in one step for your clients.

Ready to sell

Offer page and checkout set up. We take 30% of product revenue; you keep 70%.