

Formats and Pricing

If these prices are an obstacle for you, PLEASE contact me.

Many human services price by the hour.
Physical therapists, strength trainers, lawyers, coaches, tutors etc.
And they hope that – the more time you spend, the better you get.
And so do we, but with a twist.

The more progress you make, the less you pay – per hour.

Feel free to ask us more about how this works.

Tier 1 – A start for many, enough for some.

Self-help tools for to make you think.
It consists of widgets, tools, information, quizzes and videos.
Just tell us who you are and create an account.
Tier 1 is free to use as much as you want, as long as you want.

Tier 2 – Personal insight.

Webinars, workshops, online and in-person.
A little deeper and still cost-effective, participants learn
about themselves and try out new actions/behaviors.
Tier 2 offers more personalized, interpersonal, participative learning.
Access to your own personal portal of forms, reports, action plans, progress.
Cost: \$50/meeting.

Tier 3 – Small groups.

Ongoing or time-limited groups of 5-12 people.
Meet in a smaller, more intimate setting address specific issues
with a group of supportive peers who is also committed to their own growth.
Cost: self-led groups = free.
Cost: facilitated groups = \$70/meeting.

Tier 4 – one-one one.

Meet with Mitch one-on-one.
For targeted improvement in your relationships and your life.
Work it out and walk it out
with a personalized path for your specific situation.
Cost: \$400/hour.

Where do you want to start?