

## 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?**