

Rates

Session/package	Supported	Mid/fair	Plus
1 × 55 mins	\$50–75	\$100–125	\$140–190
4 × 55 mins	\$175–270	\$360–450	\$500–700
1.5 hours	\$75–110	\$150–190	\$210–285

I use a sliding scale and leave it to you to honestly assess your financial situation (see categories below) and pay accordingly. I offer a range to give you the opportunity to position yourself within each category and allow for generosity if you so choose.

Here are some guidelines for discerning your financial status:

Supported:

- You struggle to meet your basic needs (food, housing, heat, electricity, and transportation) and have no expendable income
- You are un- or under-employed and do not have access to savings
- You live in low-income or unstable housing
- Paying in USD would create serious financial stress

Mid/fair:

- You are employed or do not need to work
- You meet your basic needs easily, have some expendable income and/or savings, and can take modest vacations
- You may own your own home or rent a nice place to live, own or lease a car

Plus:

- You have abundance financial resources through high salary/salaries, inheritance, or other means
- You own your own home or rent a high-end property, have ample savings and expendable income, have multiple cars, take luxurious vacations, can afford new and high-end things
- You are happy to balance out the scale at the higher end

Note: If you absolutely cannot pay even the Supported amount but really want coaching, please contact me at rosa@missionmindset.org.

This scale is based loosely on the work of others, including Alexis J. Cunniffolk. You can read more about it [here](#).