

Rate Card

obi coach



Coach Rachel
Pharmacist & Personal Trainer

I am passionate about helping people manage and reverse chronic diseases via lifestyle changes and pharmaceuticals where appropriate.

Specialisations

Managing chronic diseases through lifestyle and pharmaceuticals
Weight Change
Strength and Conditioning
Circuit & High Intensity Interval Training

Services	Description	T&CS	Pricing (USD)
Initial Consultation (60 mins)	This session includes an initial assessment of your current lifestyle to identify the challenges which need to be overcome to achieve your goals. By the end of the session, we would have set goals for your wellness journey.	Scheduled consultation must be rearranged with at least 12 hours' notice or will be chargeable.	\$80 USD
Coaching Session (30 mins)	Providing you with information and guidance on topics which will support you achieving your wellness goal that is identified in the initial consultation.	Scheduled coaching sessions must be rearranged with at least 12 hours' notice or will be chargeable.	\$55 USD