



COACHING

SLIM DOWN SERIES



HELLO THERE!

I want to start with the greatest investment is you... Sure you know the quote but truth is why does it sometimes feel impossible. I just feel no one really talks about how hard it is to truly commit to one of the most important parts of your journey, and that is your health. The back and forth of "all or nothing" when it ends up being nothing of the time. I get it, been there done that because the journey isn't perfect. But this time around it'll be much different as we hopefully get to work together.

It became different for me in April 2023 + i've been in this industry since 2014. I began to truly put all my focus and energy into myself and learned how to fall in love with my journey rather than forcing myself/sprinting to results. Truth is you have to create healthy habits and a balance to be able to achieve the results you desire, but it doesn't stop there. It's creating sustainable healthy habits that will help you live a healthier life way past the slim down series. But of course, we love results as well!

CHANGE YOUR DIET. CHANGE YOUR LIFE.

Kandiss



THE BENEFITS

Working with a coach does bring a more positive impact to your journey however working with me, I love to bring out self awareness (in the realest way) along with the positivity. We have good habits + we have these things called excuses, I will help begin the process of elimination.

WORKING WITH A COACH

By The Book Reasons, Which Are Great Reasons

- Take more impactful actions
- Help gain some sense of clarity
- Able to ask more questions for a better understanding
- Begin to find a balance
- Work on getting over a road blocks successfully
- Create better habits
- Simplify things for you

WORKING WITH KANDISS *is everything to the left plus..*

- Gain more clarity of your journey
- Become clearer on what's holding you back
- She'll keep it 100% at all times
- She's been where you are
- She focuses on progress + forwardness
- You mental health will increase
- You'll be able to maintain the tips + strategies

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THE PLAN PACKAGE

PRICING: \$99

If you already have the guides, you'll just cover the difference.

KEY FEATURE

Helping you set your goals to get going on your journey. If you are just starting or starting over and need assistance on how to begin and continue. If you also want to ask a few questions about her journey or her habits.

THE RESULTS

Being able to fill out exactly where you need to start and what goals you need to set and reach through the next 30 days.

WHAT'S INCLUDED

- Complete Slim Down Series
- One 40 min coaching session
- Journey Assessment
- Q+A sheet
- Going over where you are now
- Setting Personal Goals
- Answering questions

THE JOURNEY PACKAGE

PRICING: \$165

If you already have the guides, you'll just cover the difference.

KEY FEATURE

Spending more time with Kandiss as she will be there over the next 30 days of your journey. When you need the support or have questions, you won't have to always figure it out, she'll be there to help you. You'll have access to be able to text her along with 2 25 mins virtual sessions.

THE RESULTS

Providing the support/coaching to really push you through to the finish line. Kandiss' goal is to not only help you create healthier habits but for you to achieve progress both physically + mentally.

WHAT'S INCLUDED

- Complete Slim Down Series
- Two 25 min Coaching sessions
- Journey Assessment
- Q+A sheet
- Going over where you are now
- Setting Personal Goals
- Answering questions
- Weekly Coaching/Check Ins via text

From the day you start your 1st session thru the end of the 30 day program.

TESTIMONIALS

“

I've been working with Kandiss for years. I have my nail tech, my hair stylist, + I have my coach. She really has been there through the ups + downs of my journey for years. Thanks so much Coach K.

Jasmine

“

She's going to push you but you'll never feel discouraged as if things are impossible.

Jessica

“

It's not easy working with Kandiss, but it's so worth it. She will push you.

Maavne

“

You are such a light. You have helped me in so many ways beyond the physical.

Raven





LOOKING FORWARD TO WORKING WITH YOU!

If you have any questions please don't hesitate to ask. If you are looking to get started, please send an email (imkandiss@gmail.com) with your availability Mon - Fri and best times to schedule virtual sessions + she will follow up with you within 24 hours (business days).

