

Our Membership Programs

Fact Sheet



About Us

A Steady Space is dedicated to helping individuals and couples achieve their personal and professional goals through customized coaching programs. Our SHIFT memberships provide the guidance, tools, and support needed for meaningful and sustainable transformation to build Your STEADY Space.



Personalized Guidance

Receive tailored coaching strategies that address your unique challenges and goals, ensuring you get the most out of your personal growth journey.



Accountability and Support

Benefit from regular check-ins, feedback sessions, and continuous support to stay motivated and on track toward achieving your goals.



Skill Development

Acquire practical tools and techniques to improve various aspects of your life, from communication skills to emotional intelligence and time management.

Memberships

SHIFT Sprint	SHIFT Marathon	SHIFT Blueprint	SHIFT Rebuild
Individual Membership	Individual Membership	Couples Membership	Couples Membership
6 Month Program	12 Month Program	6 Month Program	12 Month Program
14 Sessions	30 Sessions	30 Sessions	14 Sessions
\$3,546 Pay in Full or \$594 Monthly	\$6,720 Pay in Full or \$576 Monthly	\$5,310 Pay in Full or \$900 Monthly	\$9,882 Pay in Full or \$828 Monthly

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Join us with a SHIFT Membership

Why Choose SHIFT Sprint?

You are READY to turbocharge your personal growth! Dive into our 6-month SHIFT Sprint program at A Steady Space, designed to fast-track your development with fun, insight, and unwavering support. It's a dynamic dash towards your best self

Why Embark on SHIFT | Marathon?

Lace up your sneakers for the ultimate personal development journey! Our SHIFT | Marathon isn't just a program—it's a 12-month adventure that promises to stretch your limits, expand your horizons, and deeply transform your inner world. Ready to go the distance?

Step Into the SHIFT | Blueprint for Couples

Ready to blueprint your way to success as a team? SHIFT | Blueprint is a dynamic, 6-month journey designed for couples to enhance their personal and professional lives with precision and flair. Let's roll out the blueprint and construct a better future together!

Step Up to the Challenge with SHIFT | Rebuild

Our comprehensive 12-month program designed for couples to deconstruct old patterns and rebuild stronger, more empowered versions of yourselves. If you're ready for a deep dive into personal and relational transformation, strap on your hard hats—this is where your renovation begins!

Program Value

- **Personalized Guidance:** tailored to the specific needs, goals, and challenges of the individual client. This customized approach ensures that the client receives support that is relevant and effective for their unique circumstances.
- **Accountability and Support:** to help clients stay on track with their goals and navigate obstacles that may arise. The regular check-ins and feedback sessions offer a sense of accountability, which can be a powerful motivator for progress.
- **Skill Development:** equip clients with the tools, techniques, and strategies they need to succeed in various aspects of their lives. Whether it's improving communication skills, enhancing time management, or building emotional intelligence, the acquisition of these skills can lead to long-term personal growth and success.
- **Clarity and Vision:** Through the coaching process, clients gain clarity about their values, priorities, and long-term vision for their lives. This clarity enables them to make more informed decisions, set meaningful goals, and take purposeful actions aligned with their vision.
- **Emotional Support and Empowerment:** encouraging clients to overcome self-doubt, fears, and limiting beliefs that may be holding them back. This support helps clients build confidence, resilience, and a positive mindset, which are essential for personal development and achieving goals.
- **Sustainable Change:** helping clients develop habits, routines, and mindset shifts that endure beyond the duration of the program. By addressing underlying patterns and behaviors, coaching fosters lasting transformation rather than short-term fixes.
- **Self-Awareness and Growth:** reflective work that prompts clients to explore their thoughts, feelings, and experiences more deeply. This process of self-reflection facilitates growth, insight, and continuous improvement, empowering clients to become the best version of themselves.