



Work 1:1 with Me Coaching & Pricing Guide

Personalized Sobriety Coaching for Women Ready
to Change Their Lives

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Work With Me 1:1



Personalized Sobriety Coaching for Women Ready to Change Their Lives

I'm so proud of you for landing here. Whether you're sober curious, struggling to stay consistent, or finally ready to stop drinking once and for all—you're in the right place.

I've been where you are. I know what it's like to feel stuck in the cycle of drinking, shame, and regret—while still showing up for everyone else, holding it together on the outside.

But you don't have to do this alone. I'll walk beside you every step of the way, helping you build a sustainable alcohol-free lifestyle that actually feels good—mentally, physically, and emotionally.

This isn't a one-size-fits-all program. It's personal. Real. Supportive. And it's all about creating lasting change that starts with YOU.

Cheering for you, always,
Kristen Beckett
Mocktails and Marathons





Is this for me?

Let's be honest—saying “I need help” isn't easy. You're used to being the one who holds it all together. The one who looks fine on the outside, even when everything inside feels overwhelming.

But maybe you're starting to realize that drinking is no longer just a “treat” or “reward.” Maybe it's become the thing that's keeping you stuck, numbing your joy, and dimming your light.

This is for you if...

- You've tried to moderate—but it always ends the same way
- You're tired of waking up with anxiety, regret, or shame
- You're overwhelmed by the thought of “forever”
- You want support from someone who gets it
- You're excited to embrace a healthier, more balanced lifestyle.
- You're not interested in 12-step programs, but want a path that works.
- You want freedom. Energy. Confidence. A fresh start.
- You're ready to invest in yourself because you know you're worth it

You don't have to know exactly how this will work yet. You just have to want something different. Something more. If you feel a little nervous—but also a little excited—that's your sign. You don't have to do this perfectly. You just have to be willing to do it.

Let's rewrite your story—together.

You ready?

Real Results

This coaching experience is for the woman who is ready to finally feel free—not just from alcohol, but from the shame, guilt, and patterns that keep pulling her back.

What you can expect

You'll get more than just support.

You'll get a guide, a cheerleader, a mentor—and someone who has lived this journey herself. I know how isolating it can feel when you're trying to figure out sobriety alone, wondering if anyone really understands what you're going through. That's why this coaching isn't just about information. It's about connection.

You'll have direct access to me—not a generic program or a one-size-fits-all plan. When the cravings hit, when you're staring down a Friday night, or when you don't know what to say at a social event, you won't have to do it alone. I'll be in your corner, giving you real-time tools and encouragement that actually work in the messy, real-life moments.

We'll focus on:

- Creating your personalized alcohol-free plan
- Understanding your triggers, patterns, and routines
- Building your sober toolkit (because white-knuckling it won't work)
- How to get through the hard moments: cravings, weekends, and witching hours
- Planning for events, holidays, and awkward conversations
- Learning how to actually have fun without alcohol
- Daily habits that support long-term success
- What to eat, drink, and keep on hand (yes, mocktails included)
- Navigating sugar cravings and building sober rewards
- Feeling confident in your decision—no labels required

No shame. No rules. Just real support for where you are and where you want to go.



This is about more than quitting drinking.

It's about creating a life you don't want to escape from.

Coaching Packages

6-Week Reset



\$697

6 weekly private coaching sessions (60 min each)

Personalized session notes + action steps

Voxer/text support between sessions

Sober resources, habit tracker, worksheets

12-Week Transformation



\$1197

12 weekly private coaching sessions (60 min each)

Personalized session notes + action steps

Unlimited text and Voxer support

Sober resources, habit tracker, worksheets

18-Week Lifestyle Shift



\$1797

18 weekly private coaching sessions (60 min each)

Personalized session notes + action steps

Unlimited text and Voxer support

Sober resources, habit tracker, worksheets

Includes monthly check-ins post-program

Need A

JumpStart?

Sometimes you don't need a long-term program—you just need someone to help you right now.

Maybe you've been white-knuckling it on your own and you're exhausted.

Maybe you've promised yourself "I'll start tomorrow" more times than you can count. Or maybe you're facing a specific event, trigger, or moment that feels overwhelming, and you want a plan you can actually follow through with..

That's where my Jumpstart Sessions come in.

Think of it as a reset button: a chance to get clarity, create a personalized action plan, and walk away with tools you can start using immediately.

60-Minute Clarity Session

For women who want one-time support, a customized plan, or help navigating a specific challenge. Includes:

- Personalized sobriety strategy
- Emotional support + accountability
- Follow-up notes + tools to move forward

\$147

90-Minute Deep Dive Intensive

Perfect for those needing clarity and a serious mindset reset. Includes everything in the 60-minute session, plus:

- A full action plan for the next 30 days
- Mindset work, limiting belief breakthroughs
- Extra space for deeper transformation

\$197



Worried About the Cost?

Let's Talk About the Real Cost of Staying Stuck.

I know investing in yourself can feel scary—especially when you're used to putting yourself last. But here's the truth:

There's a cost to not getting help, too.

What if trying to do it on your own keeps you stuck for another year?

What if the drinking escalates and leads to something more serious—like a DUI, job loss, or damaged relationships?

What if it gets to the point where you have to go to rehab—time off work, thousands of dollars, and the emotional toll of starting from rock bottom?

Now flip that around...

What if this is the moment you finally take your power back?

What if this is the beginning of a healthier, more present, more peaceful version of you?

What if you never have to start over again?

This isn't about "fixing" you. You're not broken. It's about helping you come home to yourself. Sober. Strong. Clear. Connected.

Ready to Get Started?

If you've read this far and something in your heart is saying, "I think I'm ready,"—I would love to work with you.

- Choose your package
- Fill out the application
- I'll be in touch with next steps, your coaching agreement, and scheduling link

You don't need to have it all figured out. You just need to say yes to this first step.

Let's go.