

Speaking and Group Fee Schedule

Small Group Tele-Coaching

6-weeks \$1,500.00 60-min. sessions weekly

**max 6-person phone group enrollment*

Topic: *My Doable Self-Care Plan*

Potential Groups Served: Family Caregivers, Direct Care Staff, or Human Service Professionals

Introductory Program

Sustaining Support Program

Materials Fees (per person - depend on participant's program level - Intro, Sustaining Support 1 or 2)

\$15/person for *My Doable Self-Care Plan: A Playbook for Long-Term Caregivers* planner (100-pages)

\$25/person for *My Doable Self-Care Plan: Daily Vision/Action Pages* (binder + 6-weeks daily pages)

\$15/person for *My Doable Self-Care Plan: Daily Vision/Action Pages* (6-weeks daily pages)

Rest ■ Stop ■ Ranch

Onsite Speaking Engagements

90 min. \$800.00 Keynote and Q+A

75 min. \$500.00 Breakout Session

165 min. \$1,000.00 Keynote and 1 Breakout Session

Onsite Therapeutic Dance Classes

60 min. \$200.00

**max 12-person group enrollment*

Dance Your Cares Away for Long-Term Caregivers

Move & Groove for Persons Living with Long-Term Illness

Partner Dance for Partners Affected by Long-Term Illness

Online Education & Skill-Training

30 min. \$200.00 Webinar and Q+A

60 min. \$300.00 Webinar and Q+A

**per 20 online registrations*

Online Education & Skill-Training Series

4-weeks \$2,400.00 60-min. sessions weekly

8-weeks \$4,800.00 60-min. sessions weekly

**max 30-person group enrollment*

Onsite Education & Skill-Training

75 min. \$250.00 Workshop

2 hr. \$500.00 Workshop

3 hr. \$750.00 Workshop

4 hr. \$1000.00 Workshop

**max 18-person group enrollment*

Onsite Education & Skill-Training Series

4-weeks \$1,500.00 90-min. sessions weekly

8-weeks \$3,000.00 90-min. sessions weekly

**max 12-person group enrollment*

Online & Onsite Education & Skill-Training Topics:

Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey

Potential Groups Served: People Living with Long-Term Illness, Family Caregivers, Direct Care Staff, or Human Service Professionals

Onsite-only Small Group Series Programs (max group size 12)

Resurrect, Recover, Renew for Caregivers who have lost a loved one

Express it! Art Series for Caregivers during or after a long-haul experience

Restore and Reconnect! Yoga Series for Couples affected by illness

Materials Fees (per person - depend on participant's program registration)

\$3/person for *Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey* pocket guide

\$15/person for *Take Care of Yourself: Seven Sustainable Skills for the Long-Term Care Journey* pocket guide and guided journal (100-pages)

\$15/person for *Resurrect, Recover, Renew* guided journal (100-pages)

\$25/person for *Express it! Art Kit*

\$40/person for *Restore and Reconnect! Yoga Kit*

These fees assume Mary E. MacDonald is the principal speaker, teacher, trainer, and coach. Mary is a veteran unpaid family dementia caregiver, a certified Life Coach, Group Leader, and Kripalu Yoga Teacher. She holds a M.A. in Pastoral Ministry from Boston College, and graduated Phi Beta Kappa from the University of Rochester with a B.A. in Psychology and German. Original program content copyright Marymac Missions, LLC. All rights reserved. A sliding-scale is available based on financial need.