

Relational Architect

A Revive and Thrive Consulting LLC company

Relational Coaching

With Kristen Vallely

The most important relationship you will ever navigate is the one you have with yourself and the patterns you carry into every other.

What Coaching Is

Coaching is an intentional, forward-moving process designed to support you in finding your purpose and deepening your connection to yourself, others, and the world. It is not therapy. It does not diagnose or treat. It meets you where you are and builds toward where you want to be.

Relational coaching with Kristen focuses specifically on the patterns that show up between people: in partnerships, families, and within yourself as a relational being. The work is somatic, systemic, and depth-informed.

Who It Is For

- Individuals navigating relational crossroads, transitions, or identity shifts
- Couples and partners redesigning their relationship structure or agreements
- Those in non-traditional relationship configurations seeking skilled, affirming support
- People who have done therapy and are ready for a different kind of forward motion
- Those integrating insights from intensives or expanded-state experiences
- Anyone ready to move from awareness into embodied, lasting change

What to Expect

Sessions are 90 minutes and held via telehealth. Each session is structured around your current edge: what is live, what is stuck, and what is asking to shift. Between sessions you will receive practices, reflection prompts, and where relevant, somatic homework to work with in your body and your relationships.

Most clients work with Kristen for one to three months on a specific focus, or maintain an ongoing retainer relationship for sustained relational development.

Packages

Intake

90 minutes | Telehealth

\$400

Single Session	90 minutes Telehealth	\$280
4-Session Package	Four 90-minute sessions Valid 6 months	\$1,080 (\$270/session)
Monthly Retainer Special	Reserve up to 4 hours a month, split between 30-minute check-ins, 60, or 90-minute sessions, plus weekly email check-ins.	\$1,500/month

EMAIL ME WITH QUESTIONS

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