

■ ■ Trial Resource Coaching

Helping Clients Stay Calm, Clear, and Resourceful in High-Stakes Legal Situations

The Problem

- Clients overwhelmed by stress, fear, or emotional reactivity.
- Lawyers' billable hours consumed managing emotions instead of focusing on legal strategy.
- Stress leads to scattered testimony, poor decisions, and higher client dissatisfaction.

The Solution – Trial Resource Coaching

Structured, confidential coaching that supports clients throughout their legal journey:

- Delivered online via Zoom.
- Focus on stress regulation, clarity, confidence, and decision-making.
- Affordable support compared to attorney hourly fees.

Packages & Pricing

- Weekly Support – \$300/month (4 sessions)
- Biweekly Support – \$200/month (2 sessions)
- Emergency Session – \$120 per urgent call

Note: Emergency sessions are for urgent needs only and not intended as substitutes for regular coaching. Clients who consistently need more are encouraged to upgrade their plan.

The Benefit for Lawyers

- Clients arrive calmer, clearer, and more cooperative.
- Less time spent managing client emotions.
- More time focused on legal strategy.
- Competitive edge – clients feel fully supported beyond legal advice.

About Astrid Vohnsen

- Certified Life & Health Coach | NBHWC Candidate (exam Nov 2025)
- 2,000+ paid coaching sessions delivered
- HIPAA-compliant and insured
- Specialized in supporting professionals under pressure

Next Step

Let's explore how Trial Resource Coaching can support your clients and free up your billable hours. Schedule a free 15-minute consultation to learn more.

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