

STRIVE LIGHT CO.

FOCUS. TRAIN. BUILD.

COACHING / MEDIA / CONSULTING

HELPING PEOPLE, TEAMS & BRANDS BUILD WHAT LASTS.

Strive Light Co. helps individuals and organizations make meaningful progress through coaching, media, and consulting.

MONTHLY PARTNERSHIPS

FOCUS

\$200 / month

Foundational media support: 4 posts per month, captions, basic graphics, and content direction.

TRAIN

\$400 / month

Growth-focused support: 8 posts per month, content planning, brand messaging, and monthly strategy.

BUILD

\$600 / month

Ongoing creative and consulting partnership: 8 posts per month, 2 strategy sessions, campaign planning, and project guidance.

INDIVIDUAL COACHING & CONSULTING

From \$20–\$50 / session

Flexible, client-specific sessions in speed training, athletic programming, marketing, content strategy, leadership, and more.

OUR STORY

Just Call Dad was one of our first flagship projects. Building a podcast about fatherhood, coaching, faith, and life inspired founder Sean Patrick to help others tell their stories and build meaningful projects.

CONTACT COACH SEAN PATRICK

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The \$200 Focus offering is the existing media package. Train and Build scopes are proposed; services and pricing are subject to agreement. Video, travel, advertising, and major additional revisions are quoted separately.