

## Tween & Teen (10+yrs) packages

### Discovery:

find out if individual sessions are for you and what package would be most beneficial. This session is 30 minutes long and £25  
Individual sessions are a commitment from yourself to make changes in your life.

**CHILL:** This package is taken over 8 weeks and consists of 4 sessions. Learn relaxation, mindfulness & meditation techniques to reduce stress, anxiety and depressive symptoms. You will also receive a huge dose of positive psychology interventions. Sessions are 30 minutes long. £85

**CHILL, ACHIEVE & GROW:** Same as the above CHILL package but with added sessions to work toward and achieve your specific goals.

8 sessions over a 3 month period £170

16 sessions over a 6 month period £365

Sessions are 30 mins long

**WELLBEING VIP:** Same as above packages plus a full life overhaul in all areas of wellbeing. From self-love and self-care to finding your purpose, emotional awareness and much more. This is a more intense package with more sessions which are all 30 minutes long.

12 sessions over 3 months £280

24 sessions over 6 months £560

## 1:1 session packages

## Adult packages (18yrs+)

### Discovery:

Find out if individual sessions are for you and what package would be most beneficial. This session is 45 minutes long and £50  
Individual sessions are a commitment from yourself to make changes in your life.

**CHILL:** This package is taken over 8 weeks and consists of 4 sessions. Learn relaxation, mindfulness & meditation techniques to reduce stress, anxiety and depressive symptoms. You will also receive a huge dose of positive psychology interventions. Sessions are 45-60 minutes long. £210

**CHILL, ACHIEVE & GROW:** Same as the above CHILL package but with added sessions to work toward and achieve your specific goals.

8 sessions over a 3 month period £445

16 sessions over a 6 month period £840

(sessions are 45-60 mins long)

**WELLBEING VIP:** Same as above packages plus a full life overhaul in all areas of wellbeing. From self-love and self-care to finding your purpose, emotional awareness and much more. This is a more intense package with more sessions which are all 45-60 minutes long.

12 sessions over 3 months £730

24 sessions over 6 months £1260