

Mind + Body Intelligence Coaching Prices & Packages

Coaching with Me

Coaching focuses on the inner game of Empowerment, Autonomy and Expression. Through coaching we develop self-leadership: developing self-awareness and the relationship to oneself and our environment. Harnessing mental, physical and emotional rhythms and patterns to evolve into the person you want to be, to fulfil your biggest visions.

This might include...

- a focus on pursuing purpose, meaning, and new direction.
- building personal qualities such as resilience, courage, and authenticity.
- developing daily routines and embodiment practices to repattern nervous system – habits, thoughts and behaviours
- life and business skills, leadership qualities such as collaboration, clear communication, and conflict resolution.

Whatever areas of focus you choose, we will co-create a program that motivates you towards the future you want to embody and thrive in. *Ready?*

Coaching Packages: All packages include...

- a reflection tool to help kick off our work.
- a jointly designed personal development plan.
(detailing the skills & qualities you need to build to achieve your most desired aims, plus a plan for doing so)
- two 75-90 minute coaching sessions per month (on average; adjusted to suit schedule & circumstances).
- support for developing new awareness and designing new actions to get you what you want.
- bodywork including somatic experiencing and embodiment techniques for reprogramming the nervous system.
- Extensive scientific based concept education and tool acquisition – Polyvagal theory, autonomic nervous system, evolutionary development of brain structures, emotional intelligence and gut-brain axis.
- recommendations for relevant resources and additional learning or support (books, tools, TED talks, personal audio and visual assets: SoundCloud & YouTube, etc.)
- SHRED review (Sleep, Hydration, Routine, Exercise and Diet) 2 week diary and review.
- ongoing email support, as needed

Initial Consultation & Chemistry Check: 60-90 mins cost: FREE

Together we'll clarify your objectives for coaching and identify which methods, exercises and practices might be good to explore and which package is best for you. It is also an opportunity for us to see as humans how we interact and resonate with each other, client and coach relationship is vital for co-regulation, trust and progress. If coaching with me turns out not to be a fit, I will point you towards other resources that are a better match for your needs.

Package		Recommended and suggested if....	Price
MASTERY	12 months*	<p>Multiple goals for the coaching; want to tackle a long-held, entrenched problem; touches many areas of your life; big aspirations are asking a lot of you.</p> <p>Example: "My job/business demands a lot from me. I am stretched, feel quite alone and finding support that understand my needs is hard. I don't want to fail in front of colleagues and this is affecting my confidence and ability to deliver results I want to see. "</p>	<p>€1750 / £1500 / \$2100</p> <p>**€145/mo - 12month</p>
(M+)	(Extra incl. in plan)	FREE: Additional consultation with complimentary expert to support journey*** (1-3hours)	(FREE)
(M+)	(Extra incl. in plan)	FREE: SSP Sound Healing Therapy - 6 months (value €1000 / £850 / \$1200)	(FREE)
VISIONARY	9 months*	<p>Multiple goals; challenge touches several areas (e.g. home, community, work).</p> <p>Example: "I experience a busy schedule and don't how to prioritise and/or switch off, it's affecting my health and well-being. It is affecting my relationship to myself and/or family."</p>	<p>€950 / £810 / \$1135</p> <p>**€105/mo - 9month</p>
(V+)	(Extra incl. in plan)	FREE: Additional consultation with complimentary expert to support journey*** (1-3hours)	(FREE)
(V+)	(Benefit incl. in plan)	50% Discount: SSP Sound Healing Therapy - 6months (value €1000 / £850 / \$1200)	(€500) / £425 / \$600)
LEADER	6 months*	<p>A couple of goals for the coaching, and/or those goals touch more than one area of life.</p> <p>Example: "I am experiencing completing inner demands and expectations, it is causing me to procrastinate and I am suck when I want to move forward."</p>	<p>€750 / £640 / \$900</p> <p>€125/mo - 6 months</p>
STAR	4 months*	<p>Limited focus; looking for one very specific change</p> <p>Example: "I feel a bit lost I don't know what I want from life and it feel difficult to pick the right direction. I need to get clear on what my path is."</p>	<p>€540 / £460 / \$645</p> <p>**€135/mo - 4 months</p>
INDIE	1 session	<p>Single Session work - specific challenge that needs addressing immediately</p> <p>Example: "I feel something is not right and I wish to align my thoughts and my actions. Feel more congruent with my life choices and learn to relax"</p>	<p>€95 / £83 / \$115</p>

Notes

*Number of sessions per package are limited to an avergae of 1.5 sessions per month. Frequency as client requests, not limited

**Payent plan available, please request and discuss conversation rates at time of purchase

***Complimentary expert portfolio includes: Nutritionalist, Pertonal trainer, yoga or meditation teacher, singing or business speaking coach. More to come

Unused sessions forfeited after indicated time period without agreement. Individual Sessions are available to prior clients only at a special hourly rate.