

Free half hour telephone consultation

You are welcome to call or email me for more information or book a **free half hour telephone** consultation so that you can find out more about the work we would do together. Therapy should be an empowering and positive experience and it's important that you have all the knowledge you need to make an informed decision about Hypnotherapy and NLP. It is equally important that you are comfortable with my approach. If I do not think that Hypnotherapy/NLP is appropriate for you then I will suggest alternatives.

Fees

An initial Consultation lasting up to 90 minutes to discuss what you want to achieve from your sessions. This will help to determine the method of approach as this is tailored to individual needs.

I cannot tell you how many sessions will be required, as we are all different and it is dependent on what you are wanting to achieve, this might range from a minimum of 4 sessions for minor issues to perhaps 6-10 or more sessions for someone who is wanting to make significant lifelong changes, such as reducing stress and anxiety, building confidence and self esteem weight management and smoking cessation.

<p>OPTION 1: 6 Week Block Booking Some people like to block book sessions and so I offer a 6 week block booking option for issues such as:-</p> <ul style="list-style-type: none"> • Reducing stress/anxiety/depression • Fears and Phobias • IBS • Weight loss • Smoking Cessation etc <p>The actual cost for this is £487.50</p> <p>Payment options available include:- OPTION 1: Discounted price: £450.00 (Full payment in advance) At the end of six weeks, we review progress and then decide upon the pace and/or requirement of future sessions. Ongoing sessions – each sessions costs £70.00</p> <p>OPTION 2: OR alternatively they prefer to book their first initial 90 minute consultation at a cost of £125 and then book individual subsequent consultations at £75 (Session time up to 60 minutes)</p>	<p>OPTION 3: An initial One-off 90 minute Session costs £125.00 Session time approx 90 minutes</p> <p>If you are looking for a quick confidence boost, to empower you to tackle:-</p> <ul style="list-style-type: none"> • Public speaking • Driving Test • Overcome Exam anxiety • Self Hypnosis • Relaxation techniques <p>Ongoing sessions - each session costs £75.00 (Session time up to 60 minutes)</p>	<p>OPTION 4: Home visit* One-off 90 minute Session cost £125.00</p> <p>Ongoing sessions - each session costs £75.00 Session time approx 60 minutes</p> <p>*(within a 10 mile radius, 10 miles and beyond mileage paid at .45p per mile)</p> <p>SMOKING CESSATION: One session Session time approx. 1.5 to 2 hrs £250</p>
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FREE For anyone undertaking a six week block booking I also offer a **free 15 minute follow-up coaching call service** in the first six months after concluding your sessions. This is at three and six month intervals to be booked in advance by mutual agreement. **To book your programme call me on 074287 10008 [August 2019]**