



## Rates

*It's a commitment you make to yourself. The benefits you receive are far in excess of the payment you make.*

Payment to be settled prior to first appointment. 24 hour cancellation notice required.

## Personal Coaching

An initial review session is required prior to subsequent or a course of sessions. The number of sessions that is right for you will be discussed and will be dependant on what your particular endeavour is.

### Initial Review Session

- Conducted via telephone	1 hour	£ 55.00
- Conducted in person	1 hour	£ 65.00

### Subsequent Sessions

- Conducted via telephone	45 minutes each	£ 45.00
- Conducted in person	45 minutes each	£ 55.00

### Course of 4 sessions

- Conducted via telephone	45 minutes each	£ 160.00
- Conducted in person	45 minutes each	£ 195.00

When booking a course of 4 sessions you will receive email support free of charge.

### Email Coaching

- Regular email coaching throughout 4 week period as required (allowing for maximum of 48 hour response time)		£ 95.00
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## Personal Coaching, CV development and Self Marketing

- Conducted via telephone and email	3 x 45 minute sessions 1 month email service	
	- with CV creation	£ 265.00
	- with CV enhancement	£ 245.00

- Subsequent coaching sessions are also available as required at standard rate

## Personal Coaching for Business Start Ups and Business Re-branding

### Initial Review Session

- Conducted via telephone	1.5 hours	£ 80.00
- Conducted in person	1.5 hour	£ 90.00

Rates for further coaching to be discussed based upon individual requirements. Support can include Branding & Identity; Marketing and Design Services



## Reiki

All sessions include an initial consultation, hands-on (or off) healing treatment, recovery time, and post-treatment discussion.

One off Reiki treatments are a wonderful way to reduce stress and achieve relaxation from physical, mental and emotional symptoms.

For Reiki to have longer sustainable benefits, 2 sessions are recommended prior to focussing on any specific areas with dis-ease.

An initial Reiki session will be required first

### Initial Reiki session

- Includes initial consultation about health and lifestyle 90 minutes **£50.00**

### Full body treatment

- Front and back of body while fully clothed lying on treatment table 60 minutes **£45.00**

### Head treatment

- Areas of the head while sitting upright on a chair 30 minutes **£30.00**

### For groups (businesses / groups of friends or family)

A reduced rate for 30 minute head treatments are available for groups of 4 or more in one day – booked in advance.

For sessions that may be required to be conducted at your home, please make contact.

## Reiki Training

Available on Saturday and Sundays – see diary

Payment to be settled prior to training. 1 week cancellation notice required.

**Reiki One** **£ 125.00**  
(2 day course) 10am – 4pm

**Reiki Two** **£ 250.00**  
(2 day course) 10am – 4pm

**Reiki Three (Practitioner)** **£ 350.00**  
(1 day course) 10am – 4pm

**Reiki Three A** **£ 950.00**  
(2 day course plus tasks set for 1<sup>st</sup> year) 10am – 4pm

A minimum of 6 months is usually required in between each level, and regular practice will be required post training.

For parents of children under 18, please also make contact for treatment and training opportunities for children