

Find Courage To Be You

Fees and Payment Options:

3 month program, includes 17 sessions and message support
€9,960

Payment can be made in Euros, GBP or USD

Payment can be made in one, two or three instalments

FAQs

What makes the programme different from traditional therapy?

Find Courage To Be You is specifically structured around the way I've found people make the most meaningful and lasting changes. We begin with a longer, deep-dive session, followed by frequent sessions, and then gradually space them out.

This approach gives us plenty of dedicated time to lay the foundations - time for you to fully share your life story and for me to get a clear picture of who you are, and the blocks and sticking points that have been holding you back.

It gives us time to get very clear on what you want for your life and your relationships, so we can set the right goals for you and come up with easy steps for you to take.

What happens in the sessions?

During your sessions I'll teach you specific skills to put into practice such as communication techniques and boundary setting. I'll also teach you psychosensory

techniques, such as EFT tapping, to help you get good at calming your emotions, so that you can then feel more confident speaking up in everyday situations.

And if it feels right for you, we can go deeper, using a technique called matrix reimprinting. It's a technique which gently helps you clear the limiting beliefs that have been lingering in your subconscious, causing you to react and respond in ways that aren't helpful for you. That way, you can make more conscious and confident choices and decisions.

Is there homework, and practical tools?

Alongside your sessions, you'll have free access to my resources, such as videos, audios and worksheets. These are entirely optional for you to use, but they can be invaluable in taking what we've covered in a session and putting it into practice in your life.

What's my next step?

Fill out the form on the web page. When you submit that form, you'll be taken to a calendar where you can book in your free consultation with me. In that consultation, we'll have a chat; you can tell me about yourself what you want for your life and relationships and we'll go forward from there. I look forward to meeting you.