

Signature Couples Healing Packages

Designed for couples seeking clarity, emotional safety, and deeper connection through consistent therapeutic work.

 Included with all packages

- Complimentary access to Emotional Wellbeing Masterclass (Udemy)
- Access to StridePath – a short daily reflection practice

4-Session Couples Package

Ideal for improving communication and emotional awareness.

- 4 online sessions (60 mins each)
- Relationship assessment
- Practical communication tools

Price: Available on request

6-Session Couples Package

For couples stuck in repeated conflict patterns.

- Attachment styles & pattern work
- In-session exercises & role plays
- Support for trust and repair

Price: Available on request

10-Session Couples Package

For long-term healing and relationship strengthening.

- Deep relationship assessment
- Conflict repair & intimacy building
- Tools for sustainable growth

Price: Available on request

Sessions can be availed at your own pace. There is no expiry on packages.