

Signature Individual Healing Packages

Designed for individuals seeking clarity, emotional balance, and deeper self-understanding through a structured, compassionate process.

 Included with all packages

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

4-Session Package

Ideal for emotional grounding and clarity.

- 4 online sessions (60 mins each)
- Personalised, goal-oriented approach
- Guided worksheets and reflection tools

Price: Available on request

6-Session Package

For deeper emotional resilience and pattern work.

- CBT, ACT & mindfulness tools
- Structured reflection exercises
- Support for anxiety and self-doubt

Price: Available on request

10-Session Package

For long-term inner work and sustained growth.

- Integrative, trauma-informed approach
- Ongoing reflection tools
- Support for long-term emotional wellbeing

Price: Available on request

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