



## Signature Individual Healing & Growth Packages & Pricing

### Clarity Starter (3 sessions)

**Who it's for:** Individuals seeking short-term support for clarity, stress management, or emotional overwhelm. Will be working at mind and emotion level with evidence-based therapies.

#### Includes:

- 3 × 60-min therapy sessions
- Initial self-assessment & therapy goal setting
- Core CBT tools for thought reframing
- Personalized mindfulness worksheet
- Limited WhatsApp check-ins between sessions

#### You will gain:

- Mental clarity and perspective on your current challenges
- Practical coping tools to calm anxiety and overthinking
- Better emotional regulation and decision-making confidence

**Pricing:** INR 6,000

### Balance & Reset (6 sessions)

**Who it's for:** Individuals who want to feel empowered and understand self-better so that they can live to their fullest potential. It's for anyone feeling emotionally drained, stuck in negative thought cycles, or struggling with self-doubt and stress. Will be working at mind, body, and emotion level with evidence-based therapies.

#### Includes:

- 6 × 60-min sessions over 6–8 weeks
- Mindfulness & ACT-based emotion regulation techniques
- Narrative therapy exercises for self-awareness and self-compassion

- Handouts after each session (e.g., Thought Record, Values Compass, Self-Compassion Journal)
- 1 bonus 20-min check-in call after completion

**You will gain:**

- Increased emotional resilience and mental calm
- A shift from self-criticism to self-acceptance
- Clear understanding of core triggers and patterns
- Better control over anxious or repetitive thoughts

**Pricing:** INR 10,000

**Transformation Journey (12 sessions)**

**Who it's for:** Clients ready for deep self-work — healing old wounds, understanding childhood trauma, gaining self-confidence, building self-worth, and realigning with purpose. Will be working at mind, body, and emotion level with evidence-based therapies.

**Includes:**

- 12 × 60-min sessions over 3–4 months
- Integrated CBT, ACT, Inner Child Healing, and Narrative Therapy
- Trauma-informed and somatic therapy for nervous system healing
- Personal values mapping & “Life Story Rewrite”
- Journalling prompts (Google Doc or PDF)
- WhatsApp support (within agreed boundaries)
- Measured progress, End-of-program “Growth Summary & Reflection”

**You will gain:**

- Long-term mindset and emotional transformation
- Clear sense of identity, direction, and values
- Improved relationships through emotional awareness
- Confidence, calm, and renewed purpose in daily life

**Pricing:** INR 18,000

### **VIP Intensive (Focused Breakthrough)**

**Who it's for:** Individuals needing fast insight or direction during a major life transition or emotional block.

#### **Includes:**

- 2 x 90-min sessions in one week
- Pre-work reflection form + post-session summary
- Personalized road map, mindfulness & action toolkit
- 1 follow-up 60-min session within 3 weeks

#### **You will gain:**

- Breakthrough clarity and direction in a short time
- Emotional release and deep insight into current patterns
- A structured action plan to move forward with confidence

#### **Pricing:** INR 4,800

All sessions are confidential, evidence-based, and tailored to each client's emotional and mental wellness needs.