

	60 Minutes Individual	60 Minutes Group (up to 6 people)	10 x 60 Minutes Sessions (individual)	All Day Workshop up to 6 hours delivery for up to 10 people
Life Coaching	£40	£60	£350	£200 Then £15 each extra person
Hypnotherapy	£40	£60	£350	
Counselling	£40		£350	
Talking Therapies (CBT + DBT)	£40	£60	£350	
Neuro Linguistic Programming (NLP)	£40	£60	£350	
Grief and Bereavement Support	£40	£60	£350	
Relationship Support	£40	£60	£350	
Mentoring	£40	£60	£350	
Emotional Freedom Therapy			30 minutes x 10 = £180	

Other services can be offered or mixed packages can be tailored, please contact to discuss.

Mileage charged at 15p per mile after a 20 mile radius of DH8 (Consett)

Vouchers can be bought and are valid for 12 months

Booking Fee Payable of 20 %

10% Discount for Manhealth members

Special offer (can be purchased as a gift)

12 month Individual subscription packages available from December 2019

(Payable 1st of each month by Standing Order)

Package 1 = £40 per month

- 1 x 60 minute face to face consultation
- 1 x 30 minute telephone/skype consultation

Package 2 = £50 per month

- 2 x 40 minute face to face consultation
- 2 x 30 minute telephone/skype consultation

Package 3 = £75 per month

- 2 x 60 minute face to face consultation
- 2 x 30 minute telephone/skype consultation

Package 4 = £120 per month

- 1 x face to face each week

(52 sessions in total subject to holidays i.e. if I am away you will be entitled to extra sessions another time to make up 52 sessions)

