

EFL COUNSELLING & COACHING

FEE SCHEDULE

INDIVIDUAL IN PERSON

In person

\$140

Online

\$120

COUPLES

In Person

\$160

Online

\$140

FAMILY

In person

\$190

Online

\$170

EFL COUNSELLING & COACHING

INDIVIDUAL IN PERSON

In person

\$140

Online

\$120

COUPLES

In Person

\$160

Online

\$140

FAMILY

In person

\$190

Online

\$170

EFL COUNSELLING & COACHING

COUNSELLING AND COACHING PACKAGES

CLARITY PACKAGE

In person

\$770

Online

\$660

FOUNDATION PACKAGE

In Person

\$850

Online

\$770

MASTERY PACKAGE

In person

\$1500

Online

\$1300

DISCOUNTS

Discount offers available for those who follow regular programs or need long term care.

TRAUMA INFORMED CBT

Trauma Informed CBT therapy with check in calls and personalised program including worksheets and skills training. Process and the charges are case by case.

SPECIAL CONSIDERATIONS

Special consideration discount offers available for those who may not be able to receive the care they need due to extreme financial circumstances.

Your wellbeing is our priority.

PACKAGES OUTLINE

CLARITY PACKAGE - INDIVIDUAL

- 3 Weekly sessions
- 3 Bi-weekly sessions
- Customised skills training

FOUNDATION PACKAGE - COUPLES

- 3 Weekly sessions
- 3 Bi weekly sessions
- 10 minutes weekly check in, if needed
- Customised skills training

MASTERY PACKAGE - COUPLES

- 3 Weekly sessions
- 3 Bi-weekly sessions
- 4 monthly sessions
- 10 minutes weekly check in, if needed
- 15 minutes fortnightly feedback session
- Customised skills training
- Reduced cancellation fees