



SERVICES FEES 2025

Australian Dollar - Include GST

FREE	\$190	\$150	\$780	\$690	\$850
Initial free consultation	Strategy and planning session before coaching or EFT	Single coaching session / EFT session	Coaching package EFT package ADULTS	Coaching package EFT package TEENAGER	Anxiety program for Parents of anxious children & teens
30 mn	90 mn	60 mn	6mn x 6	50mn x 6	90m x1 60 mn x5
This first meeting is designed to see if we are the right fit and if coaching will respond to your needs. = 1 session	This is the first step of any coaching services or EFT services. = 1 session	Can be added anytime to packages or can be used as a discovery session before choosing a package. = 1 session	<ul style="list-style-type: none"> • 5 coaching sessions (60 mn) • 1 wrap up session (60 mn) = 6 sessions	<ul style="list-style-type: none"> • 4 coaching sessions with student • 1 wrap up session with student (50 mn) • 1 wrap up session with parent and student (50 mn) = 6 sessions	<ul style="list-style-type: none"> • <u>Session 1:</u> learning about anxiety and mapping anxiety (90 mn) • <u>Session 2 to 6:</u> (60 mn sessions): managing anxiety = 6 sessions
<ul style="list-style-type: none"> - Knowing each other - What is coaching / EFT? - How coaching EFT could help you? 	<ul style="list-style-type: none"> - Blue print of the current situation - Mapping ADHD and/ or anxiety - Identifying resources, barriers and goals - Establishing the coaching framework and agreement 	<ul style="list-style-type: none"> - Each session will target a specific objectives designed with the client - ADHD - anxiety - nervous system psycho-education is integrated into each session to help client build self awareness 	<ul style="list-style-type: none"> - Each session will target a specific objectives designed with the client - ADHD - anxiety - nervous system psycho-education is integrated into each session to help client build self awareness 	<ul style="list-style-type: none"> - Each session will target a specific objectives designed with the client - ADHD - anxiety - nervous system psycho-education is integrated into each session to help client build self awareness 	See the Triple P anxiety program for more details