

## **Hypnosis Services**

First Face to Face consultation

Duration: An hour and a half

Price: R850

Consultation and hypnosis session.

You will also receive a personalized hypnosis pack that contains an audio disc, worksheets, detailed workbook, with self-help tips and tools to use at home that will assist you in enhancing and fast tracking the healing, learning and mastering process. This will be your 24hour available therapist between face to face sessions.

## **Follow up sessions**

Duration: 1 hour

Price: R700

Consultation and hypnosis session to facilitate the healing, learning and mastering process. During the follow up sessions work will be done to further enforce the desired behaviour and assist in making the necessary changes a habit by replacing the old or negative behaviours and habits with the desired positive behaviors and changes to help you move forward in life to become the happiest, successful person you can be. In most cases it requires 2 to 3 follow up session with a maximum of two weeks apart to be most effective.

Depending on various factors i.e. trust, commitment, and doing the weekly work on a regular basis, then the average two to three sessions would be sufficient. I am here to guide you during your change process to work with you to achieve the results that you are looking for. However, if more than two weeks laps between sessions, and there is not commitment or regular work being done, or if there is unaddressed questions, then more sessions may be needed to achieve the desired results and changes. To existing clients, I will be available within business hours to respond to any questions or concerns via e-mail and telephone. You are guaranteed feedback and reply within 24hours.

## **Life Coaching Services**

First Face to Face consultation

Duration: 1 hour

Price: R850

Consultation, brainstorming, road map, and various options are explored. You will also receive a personalized life coaching pack that contains worksheets, detailed workbook, with self-help tips and tools to use at home that will assist you in enhancing and fast tracking the exploration, learning and mastering process. This will be your 24hour available life coach between face to face sessions.

### Follow up sessions

Duration: 1 hour

Price: R700 Consultation, brainstorming, road map, and various options are explored and taken further to get to the next step during the process to ultimately achieve the end goal. During the follow up sessions, work will be done to further enforce the desired behaviour and assist in making the necessary changes regarding habits, and thought processes by replacing and reprogramming how you view yourself, your skills, talents and challenges to bring about success and obtaining the goals and changes that we are working towards, the end result and goal. In most cases it requires 2 to 3 follow up session with a maximum of two weeks apart to be most effective. Depending on various factors i.e. trust, commitment, and doing the weekly work on a regular basis, then the average two to three sessions would be sufficient. I am here for you to guide and assist every step of the way. However, if more than two weeks laps between sessions, and there is no commitment or regular work being done between sessions, then more sessions may be needed to achieve the desired results and success. To existing clients, I will be available between sessions during business hours to respond to any questions or concerns via e-mail and telephone. You are guaranteed feedback and reply within 24hours.

### Past Life Regression session

Duration: 2 hours

Price: R1200

#### Face to Face session:

Consultation, 1 and a half hour regression session and debriefing.

You will receive a recording of your Past Life Regression session and notes taken during the session for you to take home and explore or research further. For exiting clients, I will be available during business hours between sessions via e-mail or telephone. You are guaranteed feedback or response within 24hours.

### Personalized communication via e-mail, WhatsApp and telephone only sessions. This excludes Past Life Regression.

Duration: 1 phone call or weekly communication via e-mail or WhatsApp for a month.

First session: R700

Follow up sessions: R550

South African clients: This service is offered for people that live too far away to book a face to face session, or are not able to make the time to attend a face to face session due to commitments and

responsibilities. South African clients will receive 1 phone call per session and weekly e-mail and/or WhatsApp communication. For existing clients, I will be available during business hours between sessions via e-mail or telephone. You are guaranteed feedback or response within 24hours.

Overseas clients: For some of you that are overseas and live in other countries, this service still makes it possible to get the help and guidance that you need. Here distance does not matter as you will receive weekly e-mail communication. For existing clients, I will be available during business hours between sessions via e-mail or telephone. You are guaranteed feedback or response within 24 hours.

Whether you need Hypnosis or Life Coaching services, these are both offered in a long distance correspondence service. This makes it possible to organize your time during the day to have the quiet time to work through the program and materials that will assist you to move forward in life and achieve the desired goals, successes and healing that you are looking for.

#### Booking a session:

All sessions must be paid for 2 days in advance to secure the booked day and time slot. Once proof of payment has been received, you will received booking confirmation and a payment receipt.

#### Rescheduling a confirmed booking:

Life happens even when we make plans and everyone will be accommodated within reason when notification has been received within 2 days before the actual confirmed booked session but will need to be rescheduled within two weeks. If the booking cannot be rescheduled within two weeks, you will received a 50% refund.

#### Canceling a confirmed booking:

If notification is received within 1 day of the confirmed booked session, no refund will be given. If notification is received 2 days before your confirmed booking, 50% will be refunded. If notification is received 3 days or more before a confirmed booking, 80% will be refunded.