



First Steps Package
available through
Activate Tamaki Makaurau

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A special package for Business Owners

An **18 week** coaching and hypnotherapy package for stress management that includes:

1

6 x 1 hour sessions, either face to face or online, over a six week period.

Each session will include a combination of Coaching and Hypnotherapy

Investment per session \$120.00

Total investment for initial 6 week program \$720.00 incl GST

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12 week maintenance program consisting of a 1 hour session every fortnight to build on the momentum of the initial 6 week program

Total investment for maintenance program \$720.00 incl GST

The sessions will include learning self hypnosis and coping strategies along with follow up material.

Total Investment \$1,440.00 incl GST