

# How it works

## **COMPLIMENTARY CALL**

This call is an opportunity to get to know each other, to talk about what you are struggling with and what you want to be different. We can discuss the perfect therapeutic options for you.

## **SIGN YOUR AGREEMENT**

I'll send over further information about me, ask for a little more information about you and outline all of the keys details including privacy & confidentiality and ask for your agreement and signature prior to our work together.

## **SETTLE YOUR INVESTMENT**

In your agreement you will find details of how to pay. I ask that payment is settled prior to our first session.

## **ARRANGE OUR CALLS**

Once you have settled your investment we will arrange your therapeutic sessions for telephone or video calls depending on what is best for you.

## **WORKBOOK & MASTERCLASSES**

At the time of your first session you will be provided with a link to your interactive workbook. You will also be given access to masterclasses at a timely point in your support.

## **HOMEWORK**

I will refer you to your workbook, masterclasses and specific tasks and homework to support you in your progress and working towards your goals between our sessions.

