



# Price guide for One-to-One sessions

Naturally I cannot guarantee outcomes. However, I want you to find real value in our work together, and I back my commitment to you with a refund guarantee if not satisfied with my work (terms and conditions apply).

	Outside London	Harley St
<b>Stop smoking</b>		
Treatment is geared for a single session (1½ to 2hrs), plus initial telephone consultation.	<b>£194</b>	<b>£250</b>
Follow-up session if required:	<b>£97</b>	<b>£150</b>
<b>Weight control</b>		
Initial assessment and preparation	<b>£90</b>	<b>£150</b>
(a) Simple cases, one session approx 1½ hrs	<b>£194</b>	<b>£250</b>
(b) All other cases: between two and four x 1½ to 2hr sessions at	<b>£194</b>	<b>£250</b>
<b>Phobias</b>		
Some simple phobias may take only 45 mins to one hour: or require a further 45 mins at the same 'sitting'.	<b>£97</b>	<b>£150</b>
If more involved, further work is in session of 1½ to 2 hrs - usually between one and three.	£97	<b>£100</b>
	£194	<b>£250</b>
<b>ALL OTHER WORK</b>		
My routine approach is to make an initial assessment of the work required, in a session of about 45 mins to one hour, or as required.	£97	<b>£150</b>
I will then offer to work with you to achieve your outcome in sessions of about 1½ to 2 hrs. Most cases require about three such sessions - sometimes less, and very occasionally more. The Session rate is shown.	£194	<b>£250</b>
<b>PERSONAL BREAKTHROUGH – Step up a gear in life!</b>		
Step up to a whole new level of motivation, happiness and fulfilment. This process will -		
(1) clear out past negative emotions; (2) remove fears and doubts		
(3) uncover and resolve unsupportive thinking patterns which undermine your desired achievements; (4) set your future in a way that your mind seeks to turn into reality		
Initial interview of 45 mins to u hour or as required:	£97	<b>£150</b>
Three or four x 1½ to 2 hr sessions <b>at the rate shown.</b>	£194	<b>£250</b>

