

SERVICES

SECONDARY SCHOOLS

(All prices are per session, for the time stated)

RELAXATION, & MINDFULNESS SESSIONS

15 mins

Small Groups (4 - 6 students)

£15

Large groups (7 - 15 students)

£25

Full classroom

£40

FOCUSED GROUP COACHING

30-45 mins

(For identified students)

Small groups (3 - 4 students)

£30

ONE-TO-ONE SESSIONS

30-45 mins

£35

6-week block

£200

EXAM COACHING SESSIONS*

30 mins

6 week program

Small Groups (3 - 5 students)

£230

*Mindfulness & coaching sessions are more effective in small groups.
All prices include worksheets & any other items necessary for the coaching sessions.*

**Exam coaching sessions include mindfulness, relaxation practices, & exam-specific coaching.*

EXAMPLE SESSIONS

FOCUSED GROUP COACHING

30-45 mins

Small groups (3 - 4 students)

£30

Mindfulness

Coaching

Relaxation

ONE-TO-ONE SESSIONS

30-45 mins

£35

Diary time & discussion

Coaching

Relaxation