

SERVICES

PRIMARY SCHOOLS

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

BASIC COACHING, RELAXATION, & MINDFULNESS SESSIONS

30 mins

Small Groups (4 - 6 children)

£20

Large groups (7 - 15 children)

£30

Full classroom

£40

FOCUSED GROUP COACHING

30 mins

(For identified children)

Small groups (3 - 4 children)

£25

ONE-TO-ONE SESSIONS

30 mins

£30

6-week block

£160

EXAM COACHING SESSIONS*

30 mins

6 week program

Small Groups (3 - 5 children)

£120

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

BASIC

30 mins

Small groups (4 - 6 children)

£20

YR 1 - YR 3

Mindfulness - Superheroes

Coaching - Super Me

Relaxation - Sleepy Starfish

YR 4 - YR 6

Mindfulness - Glitter Jar

Coaching - Confident Me

Relaxation - Focused Breathing

FOCUSED COACHING

30 mins

Small groups (3 - 4 children)

£25

Diary time & discussion

Coaching - Connecting with Feelings

Coaching - Feelings Ladder

Relaxation - Focused Breathing