

Simply Sacred Solutions

Service & Pricing Guide

All prices in Canadian Dollars (CAD) + applicable GST

Effective 2025 - 2026

A Note on Pricing

Simply Sacred Solutions operates at the top of the Canadian market for trauma-informed, equity-literate, and transformational leadership development. Every rate reflects the depth of expertise, the cross-disciplinary research foundation, and the integrative approach that makes this work distinct. Auroara holds a Master of Education from UBC, is a BC Business Woman of the Year award winner, and brings over a decade of lived and professional expertise to every engagement. These prices reflect the true value of this work. Organizational partnerships, multi-session contracts, and grant-funded community engagements may be discussed on a case by case basis.

THE GAME CHANGER | Board Game & Game Products – Pending

Cooperative experiential learning for systemic equity

Service / Offering (Coming Soon!)	Rate (CAD)	Notes
The Game Changer - Core Game	\$150	Per unit
Expansion Pack	\$75	Per pack
Core Game + Expansion Pack Bundle	\$210	Saves \$15
Organizational Bundle (5 games)	\$650	Saves \$100
Facilitated Game Session - Half Day (up to 3 hours)	\$2,500	Facilitator included
Facilitated Game Session - Full Day (up to 6 hours)	\$4,500	Facilitator included
Community Consultation - Game Content & Expansion Design	From \$4,500	Custom quote

Facilitated sessions include pre-session preparation, full facilitation, and a structured debrief. Travel and accommodation for in-person sessions billed separately at cost.

THE HEADLIGHTS | Presentations, Keynotes & Speaking Engagements

Brand visibility and thought leadership across sectors and communities

Presentations (pre-made and tailored on request ones available)

Service / Offering	Rate (CAD)	Notes
Lateral Kindness Introduction - 1 hour	\$1,500	Virtual or in-person
Lateral Kindness Introduction - 1.5 hours	\$1,800	Virtual or in-person
Trauma Informed Approaches by Utilizing the ACE Study - 1 hour	\$1,500	Virtual or in-person
Social Equity and Determinants of Health for Social Wellness - 1 hour	\$1,500	Virtual or in-person
Reframing Community Healing for Long Term Solutions - 1.5 hours	\$1,800	Virtual or in-person
Reframing Mental Wellness and Addictions with Somatic Solutions - 2.5 hours	\$2,500	Virtual or in-person

Keynote Speeches

Service / Offering	Rate (CAD)	Notes
Keynote Speech - Half Day Event (up to 2 hours including Q&A)	\$4,500	Virtual or in-person
Keynote Speech - Conference or Summit (full keynote slot)	\$5,000	Virtual or in-person
Keynote Speech - Multi-Day Event or Festival	From \$5,000	Custom quote

Keynote pricing is for the speaking engagement itself. Travel, accommodation, and AV requirements for in-person events are billed separately. A speaker rider is available upon request.

THE TIRES | Workshops & Contract Education

Four delivery streams. Virtual and in-person options. Industry-leading facilitation.

Stream 1 - Custom Program Development

Auroara designs a workshop or full program built specifically around your organization's people, context, and goals. Delivered virtually. This rate covers development only. Facilitated delivery or train the trainer is priced additionally if required.

Service / Offering	Rate (CAD)	Notes
Custom Workshop Development - Single Session (up to full day)	\$1,500	Virtual delivery
Custom Program Development - Multi-Session Series (per session)	\$1,500	Virtual delivery
Custom Curriculum Design - Full Program (5+ sessions)	From \$6,500	Custom quote

Stream 2 - Facilitated Delivery

A trained Simply Sacred Solutions facilitator delivers a premade workshop to your team or organization. Available virtually or in person. Rates are per session per group.

Service / Offering	Rate (CAD)	Notes
Lateral Kindness - 3 hours	\$2,500	Up to 30 participants
Lateral Kindness - 6 hours	\$3,500	Up to 30 participants
Lateral Kindness - 12 hours (Full Series)	\$5,500	Up to 30 participants
Lateral Kindness - Part 2 only (for 6 hour graduates)	\$3,000	Up to 30 participants
Love and Connection as the Antidote for Social Un-Wellness	\$2,500	Up to 30 participants
Psychological Safety for Community Capacity Building	\$2,500	Up to 30 participants
Trauma-Informed Leadership and How it Changes the World	\$2,500	Up to 30 participants
Anti-Pathologizing Frameworks for Mental Wellness and Addictions	\$2,500	Up to 30 participants
Additional participants (per person above 30)	\$75	Per participant

In-person facilitation includes travel and accommodation billed separately at cost. Sessions may be combined into full-day or multi-day contracts at a negotiated rate.

Stream 3 - Train the Trainer

A person inside your organization is trained to deliver a Simply Sacred Solutions workshop internally. Includes methodology transfer, facilitation skills training, and full workshop materials. Available virtually or in person.

Service / Offering	Rate (CAD)	Notes
Train the Trainer - Single Workshop Title	\$4,500	One designated trainer
Train the Trainer - Additional Trainer (same session)	\$1,500	Per additional person
Train the Trainer - Multi-Title Package (3 workshops)	\$11,500	Saves \$2,000
Annual Refresher and Support Session	\$1,500	Per year, per title

Stream 4 - Licensing

Organizations license a premade Simply Sacred Solutions workshop to deliver themselves. Includes full materials and a training session on proper and effective use.

Service / Offering	Rate (CAD)	Notes
Workshop License - Single Title (includes training session)	\$2,500	Per title
Workshop License - Bundle (3 titles)	\$6,500	Saves \$1,000
Annual License Renewal - Single Title	\$750	Per year, per title
Annual License Renewal - Bundle (3 titles)	\$1,800	Per year

Licensed materials may not be resold, rebranded, or shared outside the licensing organization without written permission from Simply Sacred Solutions.

THE STEERING WHEEL | Online Course: The Journey

A Roadmap to Inner Transformation. Self-paced, trauma-informed, H.E.A.L. I.T. certified learning container.

Service / Offering	Rate (CAD)	Notes
The Journey - Individual Enrollment	\$497	Self-paced access
The Journey - Organizational Cohort (up to 10 people)	\$3,500	Includes group debrief session
The Journey + The Healed Human Handbook Bundle	\$575	Individual

The Healed Human Handbook - Standalone	\$95	Printed or digital
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THE FUEL | Trauma Consultation

Specialized trauma-informed consultation for individuals, leaders, and organizations

Trauma consultation supports individuals, teams, and organizations in developing trauma-informed perspectives that shape their strategies, projects, approaches, and internal cultures. This is premium, specialized work grounded in over a decade of research, practice, and lived expertise in trauma-informed systems change.

Service / Offering	Rate (CAD)	Notes
Individual Consultation Session - 1 hour	\$450	Virtual
Individual Consultation Session - 2 hours	\$850	Virtual, saves \$50
Consultation Package - 5 hours	\$2,000	Saves \$250
Consultation Package - 10 hours	\$3,750	Saves \$750
Organizational Consultation - Half Day (up to 3 hours)	\$2,500	Virtual or in-person
Organizational Consultation - Full Day (up to 6 hours)	\$4,500	Virtual or in-person
Organizational Retainer - Monthly (8 hours per month)	\$3,200/month	3 month minimum
Policy Review and Trauma-Informed Organizational Assessment	From \$2,500	Custom quote
Curriculum Development Consultation	\$450/hr	Minimum 3 hours

Consultation packages must be used within 6 months of purchase. Non-refundable but transferable within the same organization. Retainer agreements include monthly check-in, priority booking, and email support between sessions.

THE BATTERY | Somatic Healing

Personalized healing journey mapping for whole-self integrative wellness and nervous system restoration

Service / Offering	Rate (CAD)	Notes
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Somatic Healing Session - 60 minutes	\$250	Individual, virtual
Somatic Healing Session - 90 minutes	\$350	Individual, virtual
Somatic Healing Package - 4 sessions (60 min each)	\$900	Saves \$100
Somatic Healing Package - 6 sessions (60 min each)	\$1,300	Saves \$200
Personalized Healing Journey Map - Initial Consultation + Written Plan	\$550	90 min session + written plan
Somatic Healing Workshop Add-On (added to any workshop)	\$500	Up to 1 hour, group format

THE EXHAUST | Retreats

Two immersive in-person retreats per year. Leadership and Women's cohorts.

Service / Offering	Rate (CAD)	Notes
Leadership Retreat - College or Institutional Venue	\$3,500	Per person, all-inclusive
Leadership Retreat - Retreat Centre	\$5,000	Per person, all-inclusive
Women's Retreat - College or Institutional Venue	\$3,500	Per person, all-inclusive
Women's Retreat - Retreat Centre	\$5,000	Per person, all-inclusive
Early Registration (60+ days in advance)	\$3,200 / \$4,500	College / Retreat Centre
Organizational Group Rate (4 or more from same org)	Contact for pricing	Limited spots

Retreat pricing includes all programming, facilitation, meals, and materials. Accommodation included for retreat centre events. A 50% non-refundable deposit is required to hold a spot. Balance due 30 days before the retreat date. Spots are limited to preserve the integrity of the container.

THE CREDENTIAL | H.E.A.L. I.T. Certification

Week-long in-person immersive training. A personal leadership credential for safer, more equitable leaders.

Service / Offering	Rate (CAD)	Notes
H.E.A.L. I.T. Certification Week - College or Institutional Venue	\$3,500	Per person
H.E.A.L. I.T. Certification Week - Retreat Centre	\$5,000	Per person
Early Registration (60+ days in advance)	\$3,200 / \$4,500	College / Retreat Centre
Organizational Cohort (5 or more from same organization)	Contact for pricing	Limited spots per cohort
Re-Certification (returning graduates, refresher)	\$1,500	Per person

Offered twice yearly or as cohort demand forms. Full attendance for all five days is required to receive the credential. A 50% non-refundable deposit is required. Balance due 30 days prior to start date.

THE DOORS | Skool Communities

Entry-level access to the Simply Sacred Solutions ecosystem

Service / Offering	Rate (CAD)	Notes
Community Access - Free Tier	Free	Open to all
Community Access - Courses	\$199 - \$399	Open to all
Community Access - Connected Tier	\$1000 USD/month	Full community and live sessions

THE AXLE | Music Shows

Community healing through shared music, story, and connection

Service / Offering	Rate (CAD)	Notes
Community Music Show - Public or Ticketed Event	From \$2,500	Performance fee
Organizational or Institutional Event	From \$3,500	Performance fee

Conference or Summit Opening or Closing Performance	From \$4,500	Performance fee
Ticket Price - General Admission (public shows)	\$25 to \$45	Per person

Performance fees cover the performance itself. Travel, accommodation, sound and AV requirements are billed separately at cost. A technical rider is available upon request.

THE SEATS | Books & Written Resources

Companion resources for the healing and leadership journey

Service / Offering	Rate (CAD)	Notes
The Healed Human Handbook	\$95	Printed or digital
The Healed Human Handbook - Organizational Bulk Order (10+ copies)	\$80 per copy	Minimum 10 copies
Additional Titles (in development)	Pricing TBA	

Booking, Payment & Policy Notes

Deposits and Payment

All speaking engagements, workshops, facilitated sessions, and custom development require a 50% non-refundable deposit to confirm booking. Remaining balance is due 14 days before the engagement date unless otherwise agreed in writing. Retreats and certification require 50% deposit with balance due 30 days prior.

Cancellation Policy

Cancellations made 30 or more days before the engagement date forfeit the deposit only. Cancellations made within 30 days of the engagement date are charged at the full rate. Simply Sacred Solutions reserves the right to reschedule due to unforeseen circumstances, in which case the full deposit is transferred to the rescheduled date.

Travel and Expenses

In-person engagements outside of the Lower Mainland require travel and accommodation billed at cost. A per diem of \$150 CAD per day applies for meals and incidentals on multi-day in-person engagements.

Grant-Funded and Community Contracts

Simply Sacred Solutions regularly works with organizations accessing health grants, health authority funding, and community development funds. Contact to discuss how services can be structured to align with your funding requirements and reporting needs.

GST

All prices listed are exclusive of GST. GST will be added to invoices as applicable under Canadian tax law.

Simply Sacred Solutions | simplysacredsolutions.com

Transforming systems. Healing leaders. Changing the game.

All prices in Canadian Dollars (CAD). Prices subject to change. Current as of 2025-2026.