

Regulate. Reset. Take Back Control.

SUPPORT FOR STRESS, ANXIETY & OVERWHELM

Helping you understand what's happening in your mind and body while giving you the tools and therapeutic support to create **real, lasting change.**



PROMO PRICES

I've officially launched my new 1:1 Nervous System Regulation & Therapeutic Support sessions.

To celebrate the launch of this next chapter of Wolf Wellbeing, and to make support more accessible for people needing help right now, I'm offering introductory pricing on all private session packages throughout May & June.

These sessions are designed for people struggling with:

- Stress & overwhelm
- Anxiety & overthinking
- Emotional burnout
- Low mood
- Difficulty switching off

Using a combination of:

- Strategic Psychotherapy
- Clinical Hypnotherapy
- Nervous System Regulation
- Breathwork
- NLP Techniques

The goal is to help you feel calmer, bring awareness to the processes keeping you stuck, and give you the tools to put **YOU** back in control.

Introductory pricing is available until June 30th only before packages move to standard rates.

If you've been thinking about reaching out, now is the best time.

Message me for bookings or questions.



Scan to send me a text.



STRATEGIC
PSYCHOTHERAPY



CLINICAL
HYPNOTHERAPY



NERVOUS SYSTEM
REGULATION



BREATHWORK



NLP
TECHNIQUES



GUIDED
RELAXATION

1:1 PRIVATE SESSIONS



RESET SESSION
90-MINUTE NERVOUS
SYSTEM RESET

\$180

Immediate support for when stress, anxiety and overwhelm feel like too much.

- ✓ Nervous system education
- ✓ Calming breathwork
- ✓ Psychotherapy-informed support
- ✓ NLP techniques
- ✓ Guided relaxation
- ✓ Practical tools to use at home

YOU'LL LEAVE WITH:

- 🧠 A calmer nervous system
- 🕒 Tools to interrupt the stress cycle
- 💡 Clarity and understanding
- ★ Greater confidence & control

BEST FOR
Immediate relief and
emotional reset.



RESTORE PROGRAM
3-SESSION NERVOUS SYSTEM
RECOVERY PROGRAM

\$500

Structured support to help you move out of chronic stress and build emotional resilience.

- ✓ Emotional regulation
- ✓ Nervous system recovery
- ✓ Anxiety & stress management
- ✓ Subconscious pattern work
- ✓ Breath & body awareness
- ✓ Practical coping strategies

THIS PROGRAM HELPS YOU:

- 🌿 Feel calmer & more balanced
- 🌳 Improve stress resilience
- 🧠 Build self-awareness
- 🕒 Create lasting change

BEST FOR
Ongoing support and lasting
nervous system recovery.



REWIRE PROGRAM
6-SESSION STRATEGIC
PSYCHOTHERAPY & CLINICAL
HYPNOTHERAPY PROGRAM

\$1080

Deeper therapeutic work to shift subconscious patterns and create long-term change.

- ✓ Identify core patterns & triggers
- ✓ Clinical hypnotherapy
- ✓ Strategic psychotherapy
- ✓ Emotional & behavioural change
- ✓ Reduce anxiety & reactivity
- ✓ Rewire subconscious responses

OUTCOMES MAY INCLUDE:

- 🕒 Long-term emotional change
- 🧠 Reduced anxiety & stress
- 💡 Greater clarity & confidence
- ★ Healthier patterns & responses

BEST FOR
Deep therapeutic support and
lasting transformation.

COMBO DEAL
RESTORE + REWIRE
Further Discount

A THERAPEUTIC APPROACH THAT GETS TO THE ROOT.
Evidence-informed therapy combining nervous system regulation, psychotherapy and clinical hypnotherapy to help you feel calmer, clearer and back in control of your life.