

Packages	1-1/Hours	Number of Invitations	100 Nature Led Confidence Strategies pdf	Online or In Person/Location	Goodie Bag /Lunch	15 min Pre/30 Post Session Call
Ultimate Nature Led Confidence Day	1-1/5	5	Yes	In Person- Richmond Park or Kew Gardens	Yes	Yes
VIP Forest Therapy Day	1-1/3	3	Yes	In Person- Richmond Park or Kew Gardens	Yes	Yes
Forest Therapy Session	1-1/2	3	Yes	In Person- Crystal Palace Park	No	Yes
Forest Therapy Session Online	1-1/1	2	Yes	Online	No	No
Rapid Mass Anxiety Relief Session	1-1/1	0	Yes	Online	No	No
Timeline Therapy Session	1-1/2	0	Yes	Online	No	No
Hypnotherapy Session	1-1/1.5	0	Yes	Online	No	No
Selected NLP Strategies	1-1/1	0	Yes	Online	No	No
72 Alignment Sessions	1-1/1	0	Yes	Online	No	No
Nature-Led Confidence Coaching	1-1/1	0	Yes	Online	No	No
Group Forest Therapy Session	8-10/2	4	Yes	In Person- Richmond Park	No	No