

COACHING PRICE & PACKAGES

RECOGNIZE

RELEASE

REDEFINE

€

€ 95

€ 270

€ 440



1 x 55 min

3 x 55 min

5 x 55 min

Pre-Coaching Call (10-15 min to explain the coaching session)

X

X

X

Understanding the core problem by analysing the past and thereafter recognizing your behaviour to certain triggers. We will work on finding the source to your current triggers and behaviour pattern.

X

X

X

Acknowledging the emotions related to your difficulty.

X

X

X

Releasing the stuck feelings and emotions related to your difficulty and learning how to cope up with your triggers.

X

X

Defining your values and learning how to create the golden version of yourself.

X

X

Vision and formation of the new YOU

X