



FEES

Therapy and Coaching Services:

Consultation (15 minutes) FREE

Counselling Session (50 minutes) £55

Coaching Session (50 minutes) £55

Skype / Online Sessions (50 minutes) £55

Personal Development Coaching Programmes:

360 Reset (12 sessions x 50 minutes) £799

<http://www.keytherapies.org.uk/services/360-reset/>

Heal Your Heart (12 Sessions x 50 minutes) £799

<http://www.keytherapies.org.uk/services/heal-your-heart/>

Rebuilding Resilience (6 sessions x 50 minutes) £389

<http://www.keytherapies.org.uk/services/rebuilding-resilience/>

Self Help Online Coaching Programme:

Deal with Change by Changing Your Mindset £349

<https://kamalynkaur.vipmembervault.com>



FREE RESOURCES:

You can access FREE resources that can help you get on track with feeling happier, healthier and stress free by visiting this link:

Free Tools: <http://www.keytherapies.org.uk/tools/>

- Happiness Plan
- Self-Care Contract
- Positive Affirmation
- Self-Soothing / Coping Statements

FURTHER INFORMATION:

www.keytherapies.org.uk

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