

## MENTAL HEALTH & MANIFESTATION LIFE COACH

# Pricelist

**INTRODUCTION - I have been coaching for over 7 years now and have been 'consciously' manifesting when I first discovered Neville's Teachings over 20 years ago. Over the years I have manifested a great number of things, including numerous SP's, my dream cottage, healing various health issues, career, money and many more. In my younger years I suffered debilitating Panic Disorder, Chronic Anxiety & Depression, so I not only utilised, but studied various modalities of therapy to heal myself & manifest desires with least resistance. My past traumas propelled me to study Cognitive Behavioural Therapy, Neurolinguistic Programming and Hypnosis and I use techniques from these practices in all my coaching, to assist my clients with self concept work and challenging limiting beliefs with long term, fast effective results.**

**1 FULL DAY COACHING VIA WHATSAPP TEXT & VOICENOTE EXCHANGES (HYPNOSIS, CBT, NLP).....£299 GBP**

**3 ONE DAY COACHING SESSIONS (1 SESSION PER WEEK) VIA WHATSAPP TEXT & VOICENOTE (HYPNOSIS, CBT, NLP).....£870 GBP**

**1:1 PRIVATE COACHING SESSION - 1 HOUR WHATSAPP VID CALL (HYPNOSIS, CBT, NLP).....£330 GBP**

**PLEASE NOTE: WHATSAPP TEXT / VOICENOTE COACHING - PLEASE ALLOW TIME FOR MY DETAILED RESPONSES. QUESTIONS CAN BE ASKED IN TEXT OR CONCISE VOICENOTES (APPROX 4 MINS PER VOICENOTE) FOR MOST EFFECTIVE RESULTS. CUSTOM HYPNOSIS CAN BE RECORDED THIS WAY SO YOU CAN REFER BACK TO IT AND ANY ADVICE GIVEN AS MUCH AS YOU NEED TO. ALL PAYMENTS ARE VIA PAYPAL.**

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### FURTHER DETAILS ON EACH COACHING OPTION:

- 1) ONE DAY COACHING VIA WHATSAPP TEXT & VOICENOTE - This option allows for one full day of coaching on ONE chosen goal, be it Specific Person, Money, Health, etc. I will direct you in a detailed way through voicenotes, assisting you using my knowledge of the Law in harmony with any 3 modalities of therapy. Voicenotes will always remain in the chat so you can listen back as much as needed. The session begins when I reply to your first voice note & we would aim to cover what would be covered in a one hour vid call session and more, spread out over the course of the day so you can coach around your day errands/working schedule. Also you get support in real time so say something triggers you, you have me there to guide you & shift you to 'Live In The End'. Inclusive of customised Hypnosis and CBT challenge work etc. There is no set time to start or finish. I tend to respond to your first message by 1pm UK time generally and I keep it going till late evening, as a lot of my clients are international. Sessions flow organically, but I can lead the session if needed. I provide lot of advice/guidance/tasks in voice note format. ❤️**
- 2) 3 ONE DAY COACHING SESSIONS (1 SESSION PER WEEK) VIA WHATSAPP TEXT & VOICENOTE - this service is intended for deep dive guidance & healing using modalities of therapy. You will receive support for three consecutive weeks, one session per week over WhatsApp Text and VoiceNote Coaching. This is great for those encountering high anxiety or if you would like intensive support to shift state and have regular accountability to not fall back . Inclusive of customised Hypnosis and CBT challenge work etc. The aim is to make you shift your state and enable you to stay there so you can realise your desires.**
- 3) 1:1 PRIVATE COACHING SESSION - 1 HOUR WHATSAPP VID CALL - Alternatively, for more personalised, intense and in-depth support and change work utilising modalities of therapy (NLP, CBT, Hypnosis) with me in person, I also offer a one-hour WhatsApp video chat option in which you can share your situation in detail, and we get to break it down and utilise whichever modality would best apply to you. In addition to this you also get an audio recording of the session so you can refer back to advice given and listen back to any personalised guided techniques, Cognitive Challenge Work, Custom Hypnosis etc as much as you need to. ❤️ Sessions can be booked as and when you need so you can work at your own cadence. The aim is to shift your state of being/mindset ASAP and you will be more inclined to achieve long term change through these very effective methods that I utilise.**

Judging by the feedback given to me from clients, my coaching style is unlike any other, hence my high success rates. Be the Next Friday Success Story!

FOR PAYMENTS & BOOKINGS PLEASE EMAIL ME [ATHENA.RAVEN@HOTMAIL.COM](mailto:ATHENA.RAVEN@HOTMAIL.COM) 😊