

Tailored Packages and Fees

Welcome to Your Healing Journey

Are you a highly sensitive person or empath feeling like the weight of the world has become too much to bear? Do you often find yourself overstimulated, emotionally drained, or stuck in cycles of burnout that leave you questioning how much more you can take? Perhaps you've noticed a lingering exhaustion both physically and emotionally that no amount of rest seems to fix.

You might feel like you're carrying the emotions of everyone around you, absorbing their pain, stress, and chaos while losing connection with your own sense of self. This constant overwhelm may manifest as physical symptoms like muscle tension, headaches, or digestive discomfort, along with emotional numbness, brain fog, and a pervasive sense of disconnection.

This Space Was Created for You

For the woman who feels deeply and loves fiercely, yet struggles to maintain boundaries and keep her energy intact. For the empath who sees beauty and depth in the world but is often left feeling raw and exposed. For the highly sensitive soul who has reached a breaking point, yet knows deep down that there is a path to peace and balance.

Here, you'll find the tools, guidance, and compassionate support to begin a profound process of healing and transformation. Together, we'll address the patterns and pain points that have kept you stuck whether it's unresolved trauma, emotional overwhelm, or a persistent feeling of not being "enough."

This is where you reclaim your sense of calm, balance, and joy.

The Pain Points We'll Address Together

You're here because something needs to change. Perhaps you recognize yourself in some of these experiences:

- **Emotional Overload:** You feel like you're drowning in the emotions of others, unsure of where their feelings end and yours begin.
- **Unprocessed Trauma:** Past wounds, whether from childhood, toxic relationships, or life-altering events continue to surface, holding you back from the life you want.
- **Chronic Burnout:** Your energy reserves are depleted, yet you feel unable to rest or set boundaries without guilt.
- **Overstimulation:** Crowded places, loud noises, or even your own thoughts can leave you on edge, needing to retreat just to breathe.
- **Disconnection from Self:** It's hard to remember who you are or what you need when you're always "on" for others.
- **Health Symptoms:** Emotional distress shows up as physical ailments tight shoulders, headaches, digestive issues, fatigue, and more.

- **Lack of Boundaries:** Saying “no” feels impossible, even when you know it’s what you need.

The Transformation You’ll Experience

This journey is about more than just managing symptoms, it’s about creating lasting change that touches every aspect of your life. With this work, you can expect to:

- **Release Stuck Emotions:** Let go of the weight of past pain and create space for joy and clarity.
- **Regulate Your Nervous System:** Find calm in the chaos with practices that ground and soothe your body and mind.
- **Reclaim Your Energy:** Learn to set and uphold boundaries, protecting your energy without guilt.
- **Rediscover Yourself:** Connect with your authentic self, guided by self-compassion and inner wisdom.
- **Navigate the World with Confidence:** Face challenges with resilience and clarity, free from constant overwhelm.
- **Build Emotional Balance:** Trust your ability to manage intense emotions without fear of breaking down.

Healing with Intention: A Commitment to Your Growth

Healing isn’t about striving for perfection or “fixing” yourself, you are not broken. Instead, it’s a journey of discovering the strength, wisdom, and resilience already within you. It’s about learning to honour your sensitivity as a gift rather than a burden and creating a life that reflects your authentic self.

This process will guide you toward a deeper understanding of your emotional patterns, a release of what no longer serves you, and a renewed sense of calm and balance. With each step, you’ll move closer to a life where fear and overwhelm are replaced with clarity and confidence.

These packages are designed to support you through this deeply personal journey, offering the structure and flexibility to meet you exactly where you are. Whether you’re addressing unprocessed trauma, emotional fatigue, or the weight of burnout, this space provides the tools and safety to explore, heal, and grow.

How We’ll Work Together

The healing process is as unique as you are, and it unfolds on its own timeline. That’s why sessions are designed to honor your rhythm, offering flexibility with weekly or bi-weekly scheduling. This work is never rushed—it meets you where you are, providing tools and guidance to support your growth.

In this space, you’ll experience:

- **Practical Tools for Growth:** Techniques like nervous system regulation, somatic practices, and boundary-setting to address emotional and physical overwhelm.
- **Supportive Exploration:** A compassionate, nonjudgmental environment where you can safely process and release what no longer serves you.
- **Customized Guidance:** Personalized insights and resources to empower your healing journey both in and beyond our sessions.

Each session is a collaborative step toward creating balance in your life, helping you integrate sustainable practices to maintain the progress you achieve.

Your Role in the Journey

This isn't just about what happens during our sessions—it's about creating a lasting commitment to yourself. Together, we'll uncover the patterns that have kept you stuck and replace them with practices that help you navigate the world with more ease, grace, and self-compassion.

While the work requires courage and dedication, the rewards—a sense of inner calm, resilience in the face of challenges, and the ability to trust your own strength—are worth every step.

You're not in this alone. If the packages feel beyond your current reach, there are still ways to access support, including workshops, tools, and resources shared through the mailing list.

Let's take this first step together—you deserve this space to heal and thrive.

6-Week Package: Foundations of Healing

This short-term package is ideal for individuals seeking to address specific challenges and gain tools for immediate emotional regulation.

Week-by-Week Breakdown:

Week 1: Assessment and Intention Setting

- Comprehensive intake assessment to understand your background and current challenges.
- Establish personalized goals and expectations for the coaching and therapy process.
- Introduction to mindset shift to support the stress response in the body.

Week 2: Understanding Trauma, Stress, and Burnout

- Psychoeducation on the impact of trauma and stress on the body and mind.
- Discuss coping strategies and resources for understanding trauma responses.

- Begin building your personalized wellness toolbox with techniques like grounding, and other calming practices.
- Introduce basic polyvagal theory concepts to help recognize and respond to states of safety or threat in your nervous system.

Week 3: Mapping Your Nervous System

- Identify patterns in your nervous system's responses to triggers and stressors.
- Explore how fight, flight, freeze, and fawn responses show up in your daily life.
- Learn to map your nervous system's cycles and develop strategies for moving into more regulated states.

Week 4: Vagus Nerve Toning

- Learn and practice gentle vagus nerve toning techniques.
- Understand how vagus nerve exercises can help regulate your nervous system and reduce overwhelm.
- Integrate these practices into your daily routine for consistent emotional balance.

Week 5: Brain Retraining and Visualization

- Explore how thought patterns shape your emotional and physical experiences.
- Introduce techniques for rewiring the brain to shift negative or reactive patterns.
- Use guided visualizations to promote calm, clarity, and a sense of safety.

Week 6: Reflection and Maintenance

- Deepen your connection with your body through somatic exercises and gentle movement practices.
- Recognize and release tension stored in the body while fostering awareness of physical sensations.
- Co-create a personalized daily practice incorporating somatic movement, grounding, and mindfulness techniques.
- Reflect on progress and create a sustainable action plan for continued growth and self-regulation.

8-Week Package: Trauma-Informed Healing for Highly Sensitive and Empathic Women

This trauma-informed program is designed to empower you with tools for nervous system regulation, emotional resilience, and safe trauma processing. By addressing stored emotions and patterns mindfully, you'll gain the skills to navigate triggers and build a foundation for ongoing well-being.

Week 1: Assessment and Intention Setting

- Conduct a comprehensive intake to understand your trauma history, current symptoms, and unique needs.
- Establish personalized goals for the healing journey, creating safety and trust in the therapeutic relationship.
- Explore self-regulation strategies and introduce mindset techniques to calm the stress response.

Week 2: Understanding Trauma and the Nervous System

- Learn how trauma affects the brain, body, and emotions through psychoeducation.
- Introduce basic concepts of polyvagal theory to recognize nervous system states (e.g., fight, flight, freeze).
- Build your wellness toolbox with techniques for grounding exercises and stress regulation.

Week 3: Mapping Your Nervous System

- Identify patterns in your nervous system's responses to triggers and stress.
- Learn to map nervous system states (safe vs. unsafe) and track shifts between them.
- Practice body awareness exercises to enhance self-regulation and foster a sense of safety.

Week 4: Vagus Nerve Toning and Somatic Awareness

- Begin vagus nerve toning practice to reduce physiological stress.
- Practice gentle somatic awareness exercises to reconnect with your body and notice stored tension.
- Introduce foundational techniques for emotional grounding and body-based calming.

Week 5: Somatic Techniques and Trigger Management

- Explore the principles of somatic techniques and how they support trauma release.
- Work on identifying personal triggers and their impact on emotional and physiological responses.
- Develop personalized strategies for managing triggers and grounding in moments of overwhelm.

Week 6: Brain Retraining and Nervous System Regulation

- Introduce brain retraining techniques to shift reactive patterns and foster emotional resilience.
- Expand on nervous system regulation strategies, such as mindfulness, breath control, and self-soothing practices.
- Reinforce the integration of these tools into daily life to create lasting calm and balance.

Week 7: Integration and Application

- Integrate the skills learned throughout the program, such as somatic techniques, vagus nerve toning, and coping strategies.
- Discuss real-life application of these tools, particularly in response to triggers or stressful situations.
- Celebrate successes and reflect on how these practices have impacted your sense of safety and connection.

Week 8: Reflection and Future Planning

- Reflect on your healing journey over the past eight weeks, celebrating growth and progress.
- Develop a personalized action plan for continued healing, self-regulation, and emotional well-being.
- Introduce the Recode process to shift subconscious patterns, beliefs, and emotional wounds for ongoing transformation.

8-Week Package: Discovering Your Authentic Self

This program aims to help individuals uncover their authentic selves, challenge limiting beliefs, and build fulfilling relationships through effective communication and self-awareness.

Week-by-Week Breakdown:

Week 1: Mapping Your Identity – Unmasking You

- Session Focus: *“Who Am I?”* Uncovering Your True Self and façade.
- Explore personal values, passions, and identity.
- Begin building awareness of how nervous system responses shape behaviors and self-perception.

Week 2: Identifying Limiting Beliefs

- Session Focus: *“Breaking Chains: Identifying Beliefs That Hold You Back.”*
- Recognize and challenge self-limiting beliefs.
- Use **belief mapping and reframing exercises**.
- Shift beliefs that no longer serve your authentic self.

Week 3: Building Confidence

- Session Focus: *“Confidence and Self-Esteem Building: Embracing Your Worth.”*
- Cultivate self-confidence and self-acceptance.
- Use somatic tools to embody feelings of empowerment and safety.

Week 4: Effective Communication Skills – Disarming Conflict

- Session Focus: *“Speak Your Truth – Mastering Communication Skills.”*

- Enhance communication skills for better relationships.
- Practice self-regulation techniques to maintain calm during challenging conversations.

Week 5: Authenticity in Relationships

- Session Focus: *"The Power of Authenticity: Building Genuine Connections."*
- Understand the importance of authenticity in relationships.
- Explore the interplay of **HSP traits** and relational dynamics to foster stronger, healthier bonds.

Week 6: Overcoming Fear of Vulnerability

- Session Focus: *"Courage to Be Vulnerable: Embracing Your True Self."*
- Address fears of vulnerability and openness, understanding how they impact relationships.
- Introduce **parts work** to soothe protective inner voices that resist vulnerability.

Week 7: Setting Healthy Boundaries

- Session Focus: *"Boundaries Matter: Protecting Your Energy and Authenticity."*
- Learn to say no and set and maintain healthy boundaries.
- Practice **somatic awareness exercises** to notice when boundaries feel compromised and how to respond.

Week 8: Reflection and Future Growth

- Session Focus: *"Looking Ahead: Your Journey of Growth Continues."*
- Celebrate growth and progress made during the program.
- Set goals for ongoing personal development.
- Create a sustainable daily practice integrating **regulating tools**, and self-reflection.

12-Week Package: Comprehensive Healing Journey

This longer-term package is designed for individuals seeking deeper healing, personal growth, and transformation across multiple dimensions of their lives.

Week 1: Assessment and Intention Setting

- Conduct a comprehensive intake to understand your background, challenges, and needs.
- Collaboratively set personalized goals and create a roadmap for the healing journey.
- Introduce self-regulation strategies to build safety and trust within the therapeutic space.
- Explore mindset techniques and introduce basic polyvagal theory concepts to support nervous system regulation.

Week 2: Psychoeducation and Building Your Wellness Toolbox

- Learn how trauma impacts the brain, body, and emotions through psychoeducation.
- Explore the nervous system's responses to stress, including "fight," "flight," "freeze", and "fawn" states.
- Begin building your wellness toolbox with grounding exercises, and other calming strategies.

Week 3: Mapping Your Nervous System

- Identify patterns in your nervous system's reactions to stress and emotional triggers.
- Practice mapping your nervous system to better understand cycles of regulation and dysregulation.
- Develop awareness of shifts between safe and unsafe states, and learn to track these changes in the body.

Week 4: Vagus Nerve Toning and Emotional Regulation

- Begin vagus nerve toning exercises.
- Understand how these techniques reduce stress and support emotional balance.
- Practice integrating vagus nerve toning into your daily routine to enhance resilience.

Week 5: Brain Retraining and Emotional Awareness

- Explore how negative thought patterns influence emotional and physical experiences.
- Practice brain retraining techniques to rewire limiting beliefs and foster positive emotional states.
- Deepen emotional awareness through mindfulness and guided visualizations.

Week 6: Somatic Awareness and Movement

- Connect with your body through gentle somatic practices and movement exercises.
- Learn to recognize and release physical tension caused by emotional stress.
- Incorporate somatic movement into your wellness routine to promote ongoing regulation.

Week 7: Relational Awareness and Boundary Setting

- Examine relational dynamics and challenges in asserting needs and boundaries.
- Explore how personality traits (e.g., Highly Sensitive Person or perfectionist) shape interpersonal patterns.
- Develop practical strategies to build self-awareness and maintain emotional balance in relationships.

Week 8: Somatic Energy Healing

- Engage in somatic practices designed to release stored tension and energy in the body.
- Practice visualization and grounding techniques to reconnect with your inner self.

- Explore acupressure and other calming modalities to enhance physical and emotional balance.

Week 9: Tapping

- Learn the basics of Intention-based Energy Process (IEP), or simply Intention Tapping to address emotional triggers.
- Practice tapping sequences tailored to reduce stress and overwhelm.
- Combine tapping with body awareness to release stored tension.

Week 10: Parts Work and Inner Integration

- Introduce parts work to connect with and understand fragmented aspects of yourself.
- Foster integration by working compassionately with inner voices and roles.
- Use guided exercises to promote harmony and alignment between your internal parts.

Week 11: Integration and Reflection

- Consolidate the skills and tools developed over the past 10 weeks, focusing on how to apply them in daily life.
- Reflect on your progress, celebrating growth and breakthroughs.
- Identify areas for continued growth and practice, building on the foundation you've created.

Week 12: Future Planning and Recode Process

- Develop a comprehensive action plan for sustaining emotional regulation and self-care practices.
- Practice the Recode process to shift lingering stuck patterns and foster a fulfilling vision for your future.
- Celebrate your healing journey, embracing your growth and newfound resilience.

Investment in Your Healing Journey

Healing is an investment in yourself, your growth, and the life you want to create. Each package is thoughtfully designed to provide deep, transformative support while respecting the unique pace and nature of your healing journey.

What's Included in Each Session:

- An individualized newsletter tailored to your unique healing process, offering insights, tools, and inspiration to deepen your work.
- Journal prompts to support reflection, self-awareness, and integration between sessions.

Pricing and Payment Options:

- **6-Week Foundations of Healing:** £450
- **8-Week Packages:** £600
- **12-Week Comprehensive Healing Journey:** £900
- **Flexible ongoing sessions with no structure:** £60 for 50 minutes

Payment Options:

- Full payment is available for each package.
- Flexible installment plans are offered to make your healing journey more accessible.
- Individual sessions are available at **£60 per 50-minute session** for ongoing trauma work or for those not ready to commit to a package.

If the cost of a package feels out of reach, you can join the mailing list to access updates on workshops, tools, and resources designed to support your healing journey at a lower cost.