



COSTS & PLANS

OUR UNIQUE PRICING STRUCTURE

For each session you complete the price is reduced by 10% and capped at 50% reduction
So, the more you talk the cheaper it gets! *



For Example:

If you complete P2 and want to go to P3 you have already done 5 so the next 5 are at 50% reduction. The same applies to P4 to a max of 20 sessions.

P1

TASTER

A taster and introduction to see how you feel. This plan is 1 or 2 sessions.

P2

WANT MORE

This plan is 5 sessions to establish if you need more in-depth sessions.

P3

DIG DEEP

This plan is 10 sessions long for those deeper more complex issues.

P4

DIG DEEPER

This plan's ideal if you want ongoing sessions, and longer-term issues. Starts at 10 sessions, to a max of 20.





SERVICES OFFERED

MENTAL HEALTH TRAINING & WORKSHOPS

We are specialists in niche bespoke training.
We do not offer TICK-BOX training or a 1 size fits all approach.
We understand Mental Health
Because we have been there!

CARE CERTIFICATE TRAINING

If you are a care home manager/owner, we can advise and provide mandatory training for the care certificate. All subjects. Virtual or face to face. Very cost effective and certificated.

COACHING

We also provide individual coaching. Evidence-backed, effective coaching solutions giving employees opportunity to have solution-focused conversations re: MENTAL Health & well-being
We can also provide nutritional advice

OCCUPATIONAL HEALTH & COVID ASSESSMENTS

Risk assessments.
Individual Covid-19 Vulnerability Assessments
Full Biopsychosocial assessments
Pre-assessment for MHFA 1st aiders and instructors.

WE CAN HELP ENSURE YOU ARE LEGALLY COMPLAINT

PHYSICAL 1ST AID

With our associate network, we can provide
Baby & toddler 1st aid
Basic life support (adults & children)
No-Nonsense Family First Aid
Emergency first aid at work
And more!

FREE ONGOING ACCESS TO OUR RESOURCE CENTRE

We offer "after-care" with complimentary access to our resource centre, including factsheets on a wide range of mental health/wellbeing
Group & individual exercises Well-being tools
And much more!





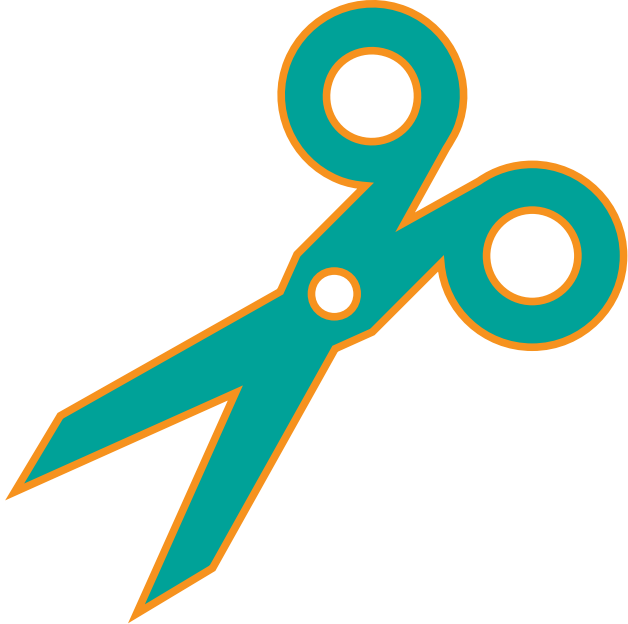
Talkshare

Feedback-champions



Services Offered

Bespoke Workshops

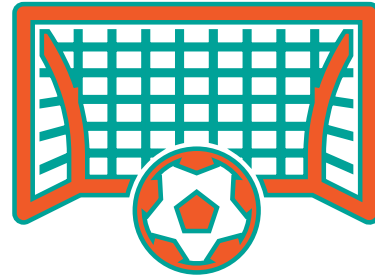


No



Boxing - No 1 size fits all

Coaching



**Mentoring &
Goals**

Physical 1st Aid & Much More



Care Certificate Training

All subjects Face to Face or Virtual



Nursing & Residential Homes

Occupational Health



Covid Risk Assessments

Complimentary Ongoing Access



To our Resource Centre