



PRICING

Please contact me via email: helene@lifesnextchapter.com.au or phone: **0432 940 298** to organise a session.

Introductory session – 20 minutes – no charge

A chance to discuss your requirements and how I can best serve you.

Loss and grief counselling –60 minutes - \$110.00

1:1 session exploring your loss and grief and its impact.

Mentoring – 4 x 60 minute sessions - \$110.00 per session

1:1 session exploring your transition and working toward finding your new path in life.

Mentoring small group (4-10 participants) – 4 x 60 minute sessions - \$60.00 per session

Explore your transition with others on their path to change, providing a positive synergy for each participant in the group.

Happiness workshops

Varied pricing depending on length and focus of workshop, number of participants and location. Please contact me to discuss.