

1:1 Reset Package

A strategic reset and stabilisation session to interrupt the pressure and create immediate clarity. Move from a state of 'pressure' to **anchored power**.

What we do in 90 minutes:

- **The Audit:** We identify the **underlying drivers** of your symptoms – whether that is anxious loops, emotional reactivity, or the overwhelm of your to do list.
- **The Somatic Shift:** We **move the pressure** out of your nervous system in real time. Experience immediate relief as your body moves from stress to calm.
- **The Realignment** You will leave with **clear actionable** next steps so that you truly feel capable and not overwhelmed + **3 days of private voice note support**.

01 Pre-Session Questions

So I understand your current situation and where you want to be.

02 The Call

90 minutes of focused coaching & somatic regulation.

03 Integration

A summary & clear protocol to maintain your new regulated baseline.

Investment is €197. Including a 90 minute private session online + 3 days of voice note support.

After payment –

You will be redirected to a Client Intake Form & next steps

BOOK YOUR SESSION HERE