

Mental Health Coaching Packages





Services Provided

- Mental health coaching
- Family Coaching
- Narcissistic Abuse Recovery
- Stress Management
- Anger Management
- Grief/Bereavement Coaching

SESSION PACKAGES

Platinum Package
Gold Package
Silver Package
Bronze Package

TIME

One Hour
One Hour
One Hour
45 minutes

@mentalhealth.clarity

Mental Health Coaching

Mental health coaching is a highly personalized and individualized mental well-being intervention. It accounts for how different we are our lifestyles, preferences, needs and contexts.

Many symptoms associated with poor mental health don't meet the threshold of a clinical diagnosis. The truth is mental health struggles can touch all of us - no matter the level of success or celebrity.

Working with me you will:

- Improve your mental health
- Gain the ability to maintain and control of your emotions
- Believe you can achieve what you want in life
- Discover what brings you joy and begin living the life you've always wanted for yourself.
- Gain a sense of purpose and meaning know what you do makes an impact
- Buffer you against negative mental health
- Better be able to manage stress and tension you experience in your daily life

- Build resilience, recover, cope, and grow after stress of loss
- Be able to achieve fulfillment in life

About Me



My name is Amy Farley, I am a certified Mental Health & Wellness Coach | Family Coach | NLP Practitioner with 9 years in the field of psychology and mental health.

I have over 3 years experience as a mental health coach, I hold a Bachelor's Degree in Psychology with focuses in Psychopathology (the study of mental illness), Clinical Psychology, Counseling Psychology, Family Dynamics and Conflict Resolution. With a proven track record in helping clients improve their mental health.

I specialize in Cognitive Behavior Therapy Techniques (CBT), Rational Emotive Behavior Therapy Techniques (REBT), Solutions-Focused Brief Therapy (SFBT) and Strengths based approach



Our Packages

Platinum Package

Clients who choose this package sees the results as support and guidance is dedicated to finding solutions and getting the best out of each session.

- Coaching Sessions - 1 : 1
- Daily Text accountability
- Email Journaling
- Branded Triggers, Journal (food diary, diet plan)
- Longer foundation session
- PDF worksheets, guides
- Meditation Audios
- Pre-recorded teaching modules

\$680 TTD



Our Packages

Gold Package

All sessions are done virtually. With this package you work partly on your own with support, check-ins assessing progress and accountability.

- Coaching - 1:1
- WhatsApp messaging (daily text accountability)
- Email Journaling
- PDF Worksheets, guides
- Meditation videos
- Therapy Journal for mental health struggles
- Empowerment session

\$510 TTD



Our Packages

Silver Package

This package means that you mainly work on your own with guidance and support from me. Tools are sent weekly to clients.

- Coaching Sessions 1:1 (once a week)
- WhatsApp messaging (Accountability text)
- Email Journal
- Therapeutic Journal for Mental Health Struggles
- PDF worksheets
- Empowerment Session

\$410 TTD



Our Packages

Bronze Package

With this package you work on your own with little guidance and support from me. The bronze package are not done virtually but via telephone (WhatsApp)

- Coaching - 1:1
- WhatsApp (daily accountability)
- Email journaling
- PDF Worksheets and guides

\$200 TTD



Reach Out

SERVICE

Virtual Consultation
Therapy Journal (E-Book)
Telephone Consultation

PRICE

\$200.00
\$100.00
\$100.00

TALK TO US

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