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## 6 Step Consultation

I work as a health and wellbeing PA  
for adults, children or families

**Understanding** the root causes of health problems or emotional stress + supporting the whole range of children's developmental, learning or behaviour problems.

**Nurturing** with nutrition, advice on effective natural therapies to solve the root causes of any problem.

**Loving** - building self-worth and getting back to loving relationships.

**Communicating** – easing any communication stress and restoring effective communication.

**Resolving** all the wellbeing issues: anxiety, depression, anger, control, fatigue.... Family stress and children's difficulties.

**Playing** – ensuring relaxation, recharge, leisure, happy times for all ages.

### **Initial Consultation**, about 2 hours: £250

This includes the introductory phone chat, and a couple of follow up phone chats.

Follow up sessions: £75 per hour, according to what is needed

Fees can be paid by advance transfer, cash or card at the time.

Appointments cancelled with less than 24 hours notice will be charged.

*'Emily is continuing to do really well, in fact she is thriving. We continue to be blown away by the changes in her. The whole family are benefitting from Felicity's 6 Step approach.'* Jane and Rob, parents of three teenagers