



Mental Wellness Coaching Package

1. Foundation Phase (Weeks 1–2)

- **Initial Assessment (90 min)**
 - Explore current stressors, lifestyle, and mental health goals.
 - Use a simple self-reflection tool (e.g., mood tracker, stress scale).
- **Personalized Wellness Plan**
 - Identify 2–3 focus areas (e.g., stress management, resilience, work-life balance).
 - Set achievable short-term goals.

2. Core Coaching Sessions (Weeks 3–8)

- **Weekly 60-min sessions (6 total)** Each session blends coaching conversation with practical tools:
 - **Mindset Reset:** Reframing negative thought patterns.
 - **Stress Toolkit:** Breathing, grounding, and time-out strategies.
 - **Resilience Building:** Identifying strengths and coping mechanisms.
 - **Work-Life Balance:** Boundaries, routines, and energy management.
 - **Emotional Regulation:** Recognizing triggers and practicing calm responses.
 - **Connection & Support:** Strengthening relationships and social ties.

3. Integration & Practice (Weeks 9–10)

- **Two bi-weekly sessions (60 min each)**
 - Review progress against initial goals.
 - Practice real-life application through role-play or scenario planning.
 - Adjust strategies for sustainability.

4. Maintenance & Growth (Optional Add-on)

- **Monthly check-in sessions (60 min)** for 3–6 months.
- Focus on accountability, new challenges, and ongoing support.



Package Structure & Pricing (South Africa context)

- **10-session package (over 10 weeks):** R12 000 – R18 000
- **Add-on monthly check-ins:** R1 200 – R1 500 per session
- **Group option:** R800 – R1 000 per participant per session (max 6 people)



Key Features

- **Holistic approach:** Combines coaching with practical wellness tools.
- **Flexible delivery:** Online or in-person.
- **Measurable outcomes:** Mood tracking, stress reduction, improved resilience.

