



ANNA PACK
COUNSELLING

MAINTENANCE & TRANSITION CHECK-IN PACKAGES

*Gentle 30-minute sessions to help you stay
grounded through change!!*

43.25 Euros per session only

Why These 30-minute Sessions Matter

A soft pause in your week — a moment to breathe, reflect, and realign.

These short sessions help you:

- Stay centred during transition
- Maintain emotional clarity
- Prevent overwhelm and burnout
- Regulate your nervous system
- Keep momentum without pressure
- Feel supported and steady

3-Month Check-In Package

A supportive container for active transition

Includes:

- 2–4 sessions per month
- Gentle grounding technique
- Focused emotional check-in
- Support based on the cycle of change
- A simple micro-practice for the week

Ideal for:

Anyone navigating fresh transitions or rebuilding routines.

6-Month Check-In Package

A steady anchor for long-term change and integration

Includes:

- 2–4 sessions per month
- Grounding + emotional regulation
- Tracking your movement through the change cycle
- Monthly micro-practices for resilience

Ideal for:

Anyone who wants ongoing support, gentle accountability, and a calm, consistent space to stay aligned.

A Note for You

“Consistency is key. Healing is like a revolving door, if you don’t push, it won’t spin!!! In this case, to maintain the upward momentum, keep pushing”

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Be ye transformed by the renewing of your mind!