

# SUZANNE MATTHIESSEN: THE MIND-BODY COACH

## OPTIMIZING THE MIND-BODY CONNECTION PERSONAL AND PROFESSIONAL PROGRAMS

THEMIND-BODYCOACH.COM

---

### COACHING SESSIONS INFORMATION & PRICING *effective October 2011\**

---

*Between stimulus and response, there is a space.  
In that space lies our freedom and power to choose our response.  
In our response lies our growth and freedom.*  
- Victor Frankl

---

As more people grow frustrated with Western approaches to well-being, they are turning to alternative methods. Unfortunately, most health care professionals and insurance providers in the United States currently do not offer incentives or discounts for those who make conscious, proactive choices regarding their overall health, and these consumers are left to cover investments in their well-being from their own pockets.

During these times of economic challenge, effective, alternative wellness options may take a back seat to your other personal and family needs – but please know this: if your life is permeated with stress, not managing it in a mindful, healthy manner will quite possibly result in increased health care costs due to stress-related problems and diseases including:

- high blood pressure and heart disease
- chronic fatigue
- anxiety and panic attacks
- mood swings and increased angry outbursts
- mental and emotional distress and depression
- sleep problems
- eating disorders and digestive issues
- sexual performance and fertility problems
- impaired immune function
- chronic pain
- increased colds and flu
- headaches and migraines
- alcohol and substance abuse

### ***How will I benefit?***

Your investment in making positive, lasting changes can result in lowered health care costs in the long run – especially when you take into consideration the out-of-pocket expenditures on unproductive, debilitating coping methods people engage in who **do not** have productive, empowering tools to support them – not to mention their negative impact upon family, relationships, education and career.

Proactive mindfulness and self-hypnosis practices teach you how to shift out of auto-pilot, *reactive* mode and into aware, *responsive* mode. You learn how to be more in control over how stressful life events affect you, and to be the master as opposed to being the slave over ingrained, unproductive patterns and habits and defeating self-talk. With practice over time, you will be able to avert the knee-jerk, reflexive reactions that can lead you down negative and harmful pathways, and experience greater equanimity and freedom.

### ***What will this cost me?***

I am aware of and sensitive to the fact that you may be contending with personal economic challenges, yet also know you are interested in learning how to manage stress, actualize positive personal growth goals, and to make empowered, informed decisions to assist you in living mindfully every day. As the costs of my coaching services are an out-of-pocket expense, I deeply value your interest in working together, and offer as many ways possible to save you money on your investment in yourself. Please refer to the Session Price Options section.

### ***How many sessions will I need?***

There is no way I can responsibly say in advance how many sessions may be suggested for you. In most instances, a minimum of three to five sessions is essential to begin to create and strengthen new patterns of response in the mind and the brain that will support your desire for lasting, productive, mindful change. My goal is to teach you methods and tools that foster self-empowerment, not dependency. Your progress and results are determined by your commitment and effort. **It is my desire to inspire empowerment, not dependency!**

#### ***Online Sessions:***

One-on-one coaching sessions are available via web-based video coaching on Skype® to anyone in the United States or Canada so you can schedule appointments in the comfort of your own home, office or anywhere you can have a peaceful, uninterrupted environment with a comfortable chair, a strong broadband connection and the use of a web camera and headphone or headset. As it is imperative for me to be able to observe physical cues from you, telephone sessions alone are not available.

One of the major benefits of online sessions for both myself and clients is not being limited to working with local clientele only - and, when I travel, scheduling appointments is still possible. And even though you are alert and energized following a session, it is much more pleasant to not have to get into a car and drive.

#### ***In-Person Sessions:***

Initial In-Person sessions are available in areas where I am traveling to conduct workshops and trainings. Follow-up sessions are online via Skype®.

Depending on your needs and goals, you may have to obtain written permission from your doctor before we can work together.

## SESSION PRICE OPTIONS:

### I. Initial Ninety-Minute Session:

This first longer session is specially priced and includes intake discussion and process overview time.

- Paid via PayPal **no later than** 48 hours in advance of session: **\$80.00 USD**.
- Paid via PayPal **no later than** 10 AM Eastern Time day of session: **\$90.00 USD**. If payment is not received by this time session will be cancelled.
- Paid at time of session (in-person sessions only): **\$85.00 USD**.

### II. Subsequent Individual Sessions:

Individual Sessions following the Initial 90-Minute Session are 50-55 minutes in length.

- Paid via PayPal **no later than** 48 hours in advance of session: **\$75.00 USD**.
- Paid at time of session (in-person sessions only): **\$75.00 USD**.

### III. Packages:

**Three Individual Sessions** paid via PayPal **no later than** 48 hours in advance of the first of the three sessions: **\$195.00 USD** (a savings of \$30.00 USD). Any person who has purchased one or more three-session packages receives a **valued client price** of \$70.00 USD for any subsequent Individual Sessions for one year after the first three-week session is complete.

**Eight Individual Sessions** paid via PayPal **no later than** 48 hours in advance of the first of the eight sessions: **\$450 USD** (a 25% savings). Any person who has purchased one or more eight-session packages receives a **valued client price** of 65.00 USD for any subsequent Individual Sessions for one year after the first eight-week session is complete.

**\*NO REFUNDS. CREDIT WILL BE APPLIED TOWARD NEXT SESSION ONLY. PRICES SUBJECT TO CHANGE.**

## THE RULES AND CONDITIONS:

**You must be committed to do the work and be responsible for the impact of your thoughts, choices, actions and behaviors upon you and everyone you come into contact with.**

***I am not a licensed psychologist/psychotherapist or medical professional and I do not diagnose or treat any disease or illness, mental, emotional or physical. Clients are screened prior to working with me, and when necessary I refer them to a more appropriate health care professional, with whom I may work in tandem. In areas of weight loss over 25 pounds, pain management and/or serious medical or psychological concern I only work with those who have written referrals from their licensed doctor or therapist.***

## **With that understood:**

The *recommended* time between coaching sessions is seven days (minimum) to fourteen days (maximum).

There will often be assignments given between sessions, and it is expected they be done as directed before the next session.

No sessions will be conducted unless PayPal payment notification has been received prior to your appointment. If payment has not been received by 10 AM Eastern Time the day of your scheduled appointment, your session will be cancelled.

ALL PRE-SESSION INTAKE FORMS must be returned NO LATER THAN 48 hours in advance of first session.

No refunds; account credits only. Package session payments are non-refundable for any or all of the number of session purchases.

## **Please respect both my and other people's time.**

If you are unable to make an appointment, please cancel via email or phone call ***no later than three hours before session time***; any advanced payment will be credited to your account and appointment will be rescheduled.

No-shows are non-refundable and not transferable to a later date unless it's in the case of a verifiable emergency or unavoidable circumstance.

If you show up late for an appointment, you will forfeit that amount of time as there is often another appointment following yours.

If you show up or will be more than 15 minutes late for an appointment, your appointment time will be forfeited and must be rescheduled.

***For more information please don't hesitate to email me with any questions:***

**coaching [at] themind-bodycoach**

***To schedule a session, please call 415-686-9774.***

Thanks so much!

*Suzanne Matthiessen*

**themind-bodycoach.com**

