



DECIDE. ACT. MAINTAIN. SUCCEED.

Rates for Services

Intake session

\$175

- Duration: 2 – 2.5 hours
- Payment due: completion of the session
- If, at any time either George Gillas or you decide they do not wish to continue, there will be no charge for the Intake session

One-on-one sessions

\$150/hour

- Duration: 2 hours each
- Occasionally our session may run shorter than 2 hours. In that case you will be billed only for the amount of time used (15-minute increments)

One-on-one session - Prepay plan (3 sessions – 6 hours total)

\$720

- Duration: 2 hours each
- Payment due before the first session
- By agreeing to prepay for the first 6 hours (3 2-hour sessions), you will receive a 20% discount and be billed for the 6 initial hours and all subsequent (if needed) sessions at \$120/hour
- Should you reach your predefined outcome(s) in fewer than 6 hours, we will credit the additional time towards follow-up coaching sessions at \$90/45-minute sessions
- Should you need more than 6 (prepaid) hours to reach your predefined outcome(s), you will be billed at the discounted rate of \$120/hour with payment due at the completion of each session

Follow-up coaching:

- Duration: 45 minutes each
- Delivery: Phone or Skype weekly, every 2 weeks, or monthly as needed
- Payment due: Prior to first session
- Package of 4 sessions: \$360
- Package of 8 sessions: \$700
- Package of 12 sessions: \$1000





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Your one-on-one program may include all or some of the following:

- Detailed personal history
- Identification of patterns that are the cause of the problem
- Identification of limiting beliefs
- Clearly defined goals/outcomes along with metrics
- Time Line Therapy™ to eliminate unresolved anger, sadness, fear, guilt, hurt, and other relevant negative emotions
- Time Line Therapy™ to eliminate and reframe limiting beliefs/decisions related to or causing problem
- Time Line Therapy™ to effectively handle anxiety
- Establish SMART goal into your future utilizing NLP/Time Line techniques
- NLP techniques as needed to achieve outcomes
- Forgiveness work for any (all) persons in your life – past and present; and training on how to do this yourself
- Bring together any “parts” of your mind that may be out of congruence with your goal
- Subconscious Drivers© elicitation pre and post
- Subconscious Drivers© alignment to be congruent with defined outcomes
- Hypnotherapy as needed or indicated or to reinforce any of the change-work
- Training on peripheral vision
- Training on POET© system
- Training on utilizing Zoom technique
- Training on creating resource anchors for changing your emotional state
- Manuals and customized exercises as needed
- *I Could Change Anything If I Only Knew How* – home study course
- Specific tasks assigned at the conclusion of any sessions
- Follow up phone calls during course of program as needed
- Coaching by Skype or phone