



THE INSIDE WAY OUT - EATING DISORDER RECOVERY COURSE OPTIONS



FEATURES	OPTION 1	OPTION 2	OPTION 3	OPTION 4
PRIVATE FACEBOOK COMMUNITY GROUP	✓	✓	✓	✓
VIDEO COURSE MATERIAL	✓	✓	✓	✓
COURSE E-BOOK	✓	✓	✓	✓
ONE-ONE-ONE SESSIONS	0	6	21	21
WHATSAPP SUPPORT	✗	✗	✗	✓
DURATION	ONCE-OFF	3 MONTHS	6 MONTHS	6 MONTHS

Rates card for coaching plans 2021/2022

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PAYMENT	OPTION 1	OPTION 2	OPTION 3	OPTION 4
PAYMENT PLAN	✗	✓	✓	✓
MONTHLY PAYMENTS	✗	R2350pm	R2850pm	R3500pm
TOTAL	R2800	R7050	R17 100	R21 000
*OPTIONAL ADD-ON	✓	✓	✓	✓
BI-WEEKLY GROUP SUPPORT MEETING	R500pm	R450pm	R400pm	R380pm



BASIC LIFE COACHING PACKAGES

FEATURES	PLAN 1	PLAN 2	PLAN 3	PLAN 4
NUMBER OF SESSIONS	×	1	4	12
PRICE PER SESSION	×	R750.00	R675.00	R625.00
TOTAL	×	R750.00	R2800.00	R7500.00
*OPTIONAL ADD-ON	3 MONTHS	3 MONTHS	3 MONTHS	3 MONTHS
BI-WEEKLY GROUP SUPPORT MEETING	R500pm	R450pm	R400pm	R380pm