

OPTION	DETAILS	COST
Option 1- Understanding your stressors	The client will complete the stress questionnaire, after which it will be scored and interpreted, with a wellness assessment sent to the client.	R320 for the wellness assessment.
Option 2 – Coping with stress	The client will complete the stress questionnaire. The questionnaire will then be scored, and a wellness assessment will be sent to the client. This option includes one , 1 hour online or face-to-face session with the client.	R320 for the wellness assessment PLUS an additional R500 for 1x hour one-on-one session. TOTAL: R820
Option 3 – Managing your stress	The client will complete the stress questionnaire. The questionnaire will then be scored, and a wellness assessment will be sent to the client. This option includes three , 1 hour online or face-to-face sessions with the client.	R320 for the wellness assessment PLUS three one-on-one sessions at R500 per hourly session. TOTAL: R 1 820