



# InBalance

HYPNOTHERAPY & COACHING

## INVEST IN YOURSELF

Let us introduce you to Neuro-Linguistic Programming (NLP) and Hypnotherapy.

Eliminate long-held limiting decisions and beliefs, reframe undesirable thought patterns, learn to “anchor” positive states and communicate effectively with anyone!

Empower yourself to live the life you want to be living.

Sheri Cutter, Master Practitioner and Trainer of NLP, Hypnotherapy, Emotional Freedom Techniques and TIME techniques is also a certified Master Life and Success Coach. She travels throughout the country teaching and coaching.

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## BUSINESS/LIFESTYLE COACHING

**\$300** *first visit*

Lifestyle and business success go hand-in-hand. Our unique program will provide skills for confidence, communication and growth in all levels of your life. Learn to change your mindset improving your health, wellbeing and relationships. Achieve your outcomes with proven NLP goal setting tools. We take the time needed to design, create and plan your vision for your future. Subsequent visits: minimum 12-week commitment. Weekly 45 min. session with two 15 min. “emergency”: calls or emails. (*\$1497 for 12 weekly sessions*).

## SUCCESS COACHING

**\$200** *first visit*

Comprehensive meeting identifying desires, goals and planning. Learn about the tools of NLP that we will be utilizing to overcome your obstacles, forming a clear path to your future. 12-week commitment of 30 min. sessions (*\$1197*).

## HYPNOTHERAPY SESSIONS

**\$150** *first visit* • **\$450** *5 sessions paid in advance*

First session includes intake and desired outcomes. Questions, concerns, clarity. Following sessions are \$100. Changing and evolving needs gladly addressed.

## BODYWORK/HYPNOTHERAPY OR NLP COMBO

**\$175** *session* • **\$850** *6 sessions paid in advance*

An absolute treat, a profound journey, deep healing. Please call to inquire about Reiki and EFT.

## “ANYTHING YOU’D LIKE TO WORK ON” COACHING

**\$200** *first visit/60 minutes*

**\$125** *subsequent sessions/45 minutes, 1 per week*

**\$880** *8 sessions paid in advance*

Learn tools to change and control your mindset, improving health, well-being and relationships.

## PERSONAL BREAKTHROUGH

**\$3,500** *session*

6–8 hours focusing on one area of life. Can be all one day or divided into two. Powerful experience, truly breaking through to the other side of what’s holding you back from achieving what you want. Learn how to align the subconscious and conscious mind for maximum results.



Call to set up your **COMPLIMENTARY** Q&A session—the best 20 minutes you will have spent in a long time! Sessions can be **IN-PERSON, SKYPE, ZOOM** or by **PHONE**.



[inbalancewellness.net](http://inbalancewellness.net)

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