

# 1-2-1 Session with Gayatri Lindsey Robertson

Each session is focused, direct, and tailored to you.

You can book a single session, or choose a structured package for deeper, sustained change.

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## Single Session

### Single Session — £111

A one-off session to gain clarity on a specific situation or decision.

- 60 minutes, one-to-one
  - Focused guidance and reflection
  - Suitable if you are exploring or need immediate support
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## Package 1

### Initial Clarity

#### 3 Sessions — £320

A short, structured process to understand where you are and what needs to change.

- Identify core patterns and blocks
- Bring clarity to a specific area of your life
- Begin practical shifts you can apply immediately

**Best for:** Those who want focused clarity without a long-term commitment

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## **Package 2**

### **Deeper Alignment**

#### **6 Sessions — £630**

A more sustained process to create real movement and stabilise change.

- Work through underlying patterns
- Build consistency in new ways of thinking and responding
- Create alignment between intention and action

**Best for:** Those ready to move beyond insight into consistent change

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## **Package 3**

### **Full Integration**

#### **9 Sessions — £900**

A complete process to embed lasting change across multiple areas of your life.

- Address patterns at a deeper level
- Integrate changes into daily life
- Create stability, clarity, and long-term direction

**Best for:** Those committed to meaningful, lasting transformation

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If you are unsure where to start, you can book a short call to see if this is the right fit.