

Packages of Support



The 'Walk With Me' Package



A comprehensive package, designed to offer you my experience and expertise as a guide on your recovery journey. I will walk alongside you through The Chrysalis Effect programme, tailor it to your unique needs, and offer support and accountability to keep you on track.

Time frame: 9–12 months

You will receive:

- ❖ 12 x 1 hour¹, 1:1 online² consultations.
- ❖ 8 x 15 minute touch-base sessions.
- ❖ 2 x email responses per month.³
- ❖ A free gift when you sign up.

Price, £1248

Available as a single payment, or in 12 x monthly instalments of £104

Don't know where to start?

When you first set out on your recovery journey, brain fog, exhaustion, perfectionism, fear of falling behind, can all make it difficult to know where to start, or how to focus what little energy you have. There can be a huge fear of 'getting it wrong' or 'failing'. A new programme with worksheets and webinars can feel like a whole new To Do list!

Through this package I offer you an experienced guide who can tailor the programme to your needs. I will offer gentle accountability and challenge when you are tempted to give up and dive back under the duvet. At other times, I may equally gently remind you that there are no deadlines, no exams, and that it is fine to slow down and give yourself a duvet day. I might bring forward certain sessions that seem most appropriate, or make suggestions for personalised reading, exercises or activities.

I will help you to develop a personalised map of where you are and where you want to be, to identify your goals along the way, and the steps you need to take to reach them. I can help you navigate the rough terrain, find the short-cuts, and notice the wonders along the way. (It's not all about the ultimate destination!)

There is no set time frame, and your sessions can be arranged when you most need them. Ideally we will meet fortnightly or monthly at first, increasing the time between as you gain confidence and energy,

You may want to bring a session forward when you hit the inevitable bumps in the road. Relapses are a part of recovery and essential opportunities to learn. Having trodden this road myself, I know how every stumble and set-back can feel like a disaster. I know the fear of never recovering, as well as the fear of recovery if it means 'having' to return to the life that made you ill in the first place. I bring this personal experience to you, with my professional training and expertise, to help you avoid the set-backs when possible, learn from them, and find the genuine short-cuts to the healthy and fulfilling life you dream of.



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The 'Pit Stops' Package



This is the package for you if you are confident in your recovery journey, but would like regular pit stops to check your bearings, identify your next steps, set yourself some accountability, and boost your confidence.

Time frame: 9–12 months

You will receive:

- ❖ 9 x 1 hour, 1:1 consultations.
- ❖ 6 x 15 minute touch-base sessions.
- ❖ 2 x email responses per month.
- ❖ A free gift when you set out.

Price, £972

Available as a single payment, or 9 x monthly payments of £108.

Through this package, I will help you to navigate the challenges of your first steps towards recovery, and get your feet firmly on the path. I will work with you to develop a personalised map of where you are and where you want to be, to identify your goals along the way, and to plan the steps you need to take to reach them.

Once you have found your feet, our sessions will be less frequent, serving as pit stops to check in on your progress and clarify your next steps. I will offer gentle accountability and challenge when you are tempted to give up and dive back under the duvet, or take short-cuts that lead nowhere. At other times I may equally gently remind you that there are no deadlines, no exams, and that it is fine to slow down and give yourself a duvet day. I might bring forward certain sessions that seem most appropriate, or make suggestions for personalised reading, exercises or activities.

When you hit the inevitable bumps in the road, you will have the flexibility to slot in one of your sessions sooner than planned, if you need it. Relapses are a part of recovery and essential opportunities to learn. Having trodden this road myself, I know how every stumble and set-back can feel like a disaster. I know the fear of never recovering, as well as the fear of recovery if it means 'having' to return to the life that made you ill in the first place. I bring this personal experience to you, with my professional training and expertise, to help you avoid the set-backs as much as possible, and to find the genuine short-cuts to the healthy and fulfilling life you dream of.



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The 'Booster' Package



Have you been going solo on your Chrysalis Effect journey for a while, but have hit a rough patch or plateau? Do you need to review your baggage and map and receive a boost and some support on your way with an experienced traveller?

Time frame: 6–9 months

You will receive:

- ❖ 9 x 1 hour, 1:1 consultations.
- ❖ 6 x 15 minute touch-base sessions.
- ❖ 2 x email responses per month.
- ❖ A free gift when you set out.

Price, £972

Available as a single payment, or 9 x monthly payments of £108.

At some point on the recovery journey you are likely to reach a plateau, or experience a major setback, which leaves you wondering if it has all been a waste of time. This is absolutely normal! It is at these times that some experienced support can make all the difference.

I can help you to:

- Look back down the path to recognise and celebrate how far you have really come.
- Review what you have done so far, and identify any gaps or areas you have skipped through.
- Review the baggage you are carrying, and choose what you really want to take onwards.
- Review your destination and develop a really compelling vision of your future to motivate you in the final stages of your journey.
- Identify your next steps on the recovery journey and accompany you while you get back on track.

Many of us set out on the recovery journey, determined that we are strong and capable and can do this by ourselves. It can be a hard road though, and one of the hardest challenges is learning that asking for, and accepting help is a sign of health and strength, not a weakness.

As someone who has walked this road, I understand the need to feel in control and make your own decisions. In coaching, the goal setting and decision making is always in your hands. My role is to use my personal experience and professional expertise to ask the questions you may never have thought about, and to offer a gentle but firm challenge. You will be surprised how another perspective can open up amazing new possibilities. I will also offer you unwavering support and encouragement as you tackle those final challenges and embark on the last steps towards a life of health and vitality.



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The 'Keeping My Feet' Package



This is the package for you if you are in phase 5, embedding the changes you have made, and revisiting areas that need more work. This can be a challenging time to find your balance, and setbacks can feel devastating when you think you are, 'nearly there'.

Time frame: 12 months

You will receive:

- ❖ 6 x 1 hour consultations
- ❖ 5 x 15 minute touch-base support calls
- ❖ Email support – 1 email per month
- ❖ A free gift when you sign up

Price, £672

Available as a single payment, or as 12 x monthly payments of £56

This package is designed to support you through phase 5, learning how to avoid relapses, into the confidence of phase 6 and full recovery.

You may still be learning how to listen to your body, and feel as if you are on a tightrope, afraid of falling off whatever you decide to do. Achieving balance sounds so easy but...!

Completing the online recovery programme will have given you all the tools you need, both to achieve full recovery and to sustain a balanced and healthy life in the future. However, it takes time to learn how to really embed these tools in your life. That's why The Chrysalis Effect defines phase 6, full recovery, as having experienced a full 12 months without relapses.

Even then, life doesn't stop throwing curve balls at you, but once you reach phase 6 you will be stronger and have the tools to face life with resilience and self-compassion. You will recognise that a minor illness is just that and not a relapse. After all, everyone gets ill sometimes.

Through this package, I offer a regular check in to steady those wobbles and work on your last few steps to a wonderful, new, healthy life, full of purpose and joy.



Your first step is always to book your **Complementary Discovery Call** to find out more about how I work, and whether I am a good fit for your needs. To book an appointment, visit my website at www.campsiecoaching.com

To purchase a package, click on one of the links under the package price, or if you are reading this in hard copy, email me for a direct link.

¹ If an hour online call is too difficult, I can divide your time into smaller slots to suit your needs.

² In person consultations in my office near Glasgow are available. Home visits can be negotiated, but carry an additional travel cost.

³ This refers to detailed emails requesting further guidance, rather than brief emails relating to organising your consultations.



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