

# THE DISCIPLINE OF BLISS

## PRICE LIST (ACCURATE AT TIME OF PRINTING)

ITEM	
<b>Corporate Leadership Workshop:</b> Good brain chemistry leads to good vibes in the workspace. How to create a team that is connected and inspired. (90mins)	\$500.00
<b>Corporate Leadership Workshop:</b> How to create a team that is connected and inspired; Magnetic leadership. Includes time for discussion and practical application (120 mins)	\$600.00
<b>One on one session</b> (60mins)	\$150.00
<b>One on one session</b> Reset your chemical balance and permanently rewire your brain (60mins X 12 months)	\$1500.00
<b>Workshops for Students</b> (includes 2 X 50 mins workshops)	\$400.00
<b>Happy Homes 4 Week Parent Child Short Course</b> (price includes one adult and one child for entire course) Creating the conversations of happy homes; Emotional agility for children.	\$120.00
<b>Workshop for Teachers</b> How to thrive emotionally as a teacher (120 mins)	\$500.00
<b>Workshop for Parents</b> Raising resilient children; Emotional intelligence in the family. (120 mins)	\$25.00 per head
<b>Hack Your Happy Chemicals</b> (120mins) Mental wellness; Suicide prevention; Anxiety; Depression; Understanding stress; entering optimum states of flow.	\$400.00
<b>Full Day Seminar</b> (Approx 7 hours) Hack Your Happy Chemicals; Make friends with stress; Understand anxiety and depression; Emotional Intelligence; Inspirational and Magnetic leadership; Entering Optimum states of flow; Meditation; Neuroscience for daily life. All content tailored to specific context.	\$1000.00

For bookings contact: Charlotte Ellery

Web: [www.thedisciplineofbliss.com](http://www.thedisciplineofbliss.com)