

# 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)	\$799
<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)	\$899
<b>One on one session</b> (60mins)	\$149
<b>One on one session</b> Reset your chemical balance and permanently rewire your brain (60mins X 12 months)	\$1499
<b>Get Your Brain Ready for High School</b> Year six resilience program. Short Course of five lessons. (Not directly linked to the curriculum. An excellent foundation for general student wellbeing programs.)	\$749
<b>Get Your Brain Ready for High School</b> Year six resilient program. Short Course of six lessons. Linked to the Government of Western Australia HEALTH AND PHYSICAL EDUCATION Scope and Sequence Year 6 Curriculum. This option includes a final marked assessment which may be used for student grading purposes at the Health/classroom teacher's discretion.	\$1499
<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.	\$149.00
<b>Workshop for Teachers</b> How to thrive emotionally as a teacher (90 mins plus question time)	\$699.00
<b>Workshop for Parents</b> Raising resilient children; Emotional intelligence in the family. How to have emotionally intelligent conversations. (90 mins plus question time)	\$29 per head
<b>Hack Your Happy Chemicals</b> (120mins) Basic Brain chemistry; Mental wellness; Anxiety; Depression; Understanding stress; entering optimum states of flow; the chemistry of inspiration.	\$499

<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.	\$1499
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For bookings contact: [Charlotte@thedisciplineofbliss.com](mailto:Charlotte@thedisciplineofbliss.com)

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