



# Individual Inquiry & Coaching Sessions

I offer individual sessions to people who would like to address specific issues in their lives, those who want to learn how to deal with stress as it shows up or simply those who are interested in establishing a regular practice of questioning thoughts. I combine The Work of Byron Katie together with Coaching techniques to support you on whatever topic you want to work on.

I have worked with people on many issues including relationships with partners, friends family and yourself, careers, finances, sexuality, exam stress, body image, anxiety, loss, fears, health and much more.

I am available for once off sessions and highly recommend a package of at least four for a deep experience of The Work and how to apply it in your life.

*"Love and compassion, love and compassion are the words that came out of me to describe Nadine as a Facilitator of The Work. Soft gentle eyes, an open personality, big heart, no judgment and genuine. Nadine has so much love to share, and I can feel it in her presence. She loves doing The Work and loves facilitating the Work. I feel very comfortable, I trust her, I feel secured. I could feel her genuine will to help others to experience The Work, I could just feel her compassion towards me and that is so beautiful and so real. In the session, she gives space, she travels with me, as if the onion is being peeled layer-by-layer to get to the core, to what feels true to me - to get to my truth. It's been a mind-blowing experience doing the Work with Nadine. I feel truly honoured and lucky to have her as a Facilitator. Thank you, Nadine", Frika Salrein, Indonesia*



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- One-hour session: 100euros
  - Four-session package: 375euros
  - Ten-session package: 750euros

Location: Skype, Whats Ap or face-to-face  
To book email: [nadinefrance@gmail.com](mailto:nadinefrance@gmail.com)  
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Web: [nadineferrisfrance.com](http://nadineferrisfrance.com)

Nadine Ferris France is an experienced Certified Facilitator of The Work and an Executive & Life Coach. She has been facilitating individuals, groups and individuals all over the world for many years.