



HEALING | RESTORATION | TRANSFORMATION | GROWTH | THRIVING

MINDSET DEVELOPMENT COUNSELLING

A guided process that helps you understand your thinking patterns, break limiting beliefs, and build strong mindsets that lead to confidence, resilience, and lasting success.

Understand yourself and your relationships better to manage, lead and make better decisions leading to healthy outcomes.

Our Services:

- ✓ **INDIVIDUAL COUNSELLING**
- ✓ **COUPLES COUNSELING**
- ✓ **FAMILY COUNSELLING**
- ✓ **GROUP COUNSELLING**
- ✓ **FAMILY CONFLICT RESOLUTION**

Sessions are private, confidential and professional

CONTACT US



Phone Number:
+2782 551 2652



Email:
bookings@jabuzwane.co.za

COUNSELLING PACKAGES AND COSTS

Sessions are available in-person and virtually

Here are the counselling rates for individuals and couples. Each session is an hour.

Standard Rate: R875.00 per session for fewer than 4 sessions.

COUNSELLING PACKAGES

If you are looking for a more extended engagement, we offer Counseling packages at reduced rates:

4 Sessions Package: R3400, reducing the cost to R850 per session.

This package offers a foundational approach to addressing your concerns and initiating the path towards improvement. Option of 2 Payments of R1 700

8 Sessions Package: R6 200, further reducing the rate to R775 per session. Option of 3 Payments of R1 935.

12 Sessions Package: R8 700, our most comprehensive package, reducing the cost to R725.00 per session. Option of 2, 3 or 4 Payments.

Family and Group Sessions costs are based on the extent of the work needed.

Bank details: FNB

Account Holder: Mindset Development Institute

Account Number: 62895767758

Account Type: Cheque Account

Branch Code: 250655

Swift Code: FIRZAJJ

Start your journey toward healing and thriving now

Phone Number:
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Email
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