



## PRICE GUIDE

### WRITING

Writing Services	Start At
Poetry	\$50
Meta Data & SEO	\$80
Website Content	\$100
Advertising	\$100
Editing	\$110
Professional Bio <100 words	\$150
Cover Letter	\$150
Synopsis	\$165
Resume (2pg)	\$200
Articles 500-1000 word	\$250

Writing content supplied via Word and or PDF Format.

### ILLUSTRATION

Artwork Services	Start At
Single Line Portrait Drawing	\$110
Tattoo Line Drawing	\$110
Trio Colour Illustration	\$120
Watercolour Digital Medium	\$125
Invitation	\$200
High Detail Illustration	\$350

All illustrations include 1 initial design.  
We allow for maximum 2 modifications per design.  
Final artwork supplied in print ready PDF format, JPEG or PNG file.

\*\*All prices are for guide purposes only. All final quotes consider variables including sizing, timeframe, pages, artwork complexity, concepts, modifications, add ons and print specifications.



## INTEGRATIVE LIFE COACHING & COUNSELLING

At all ages and stages of life, we all need an ally, an intentional and authentic alliance to encourage and empower us to be our best self and live our best life. With the education and over a decade experience in the helping profession, I've made it my life's work to provide the space, strategies and support for you to fully happen!

Life Coaching & Counselling Services	Start At
Integrative Life Coaching Video Session	\$90
Integrative Life Coaching Face to Face Session	\$110
Platinum Package W/ 6 Sessions + Resources	\$550

Services can include but are not limited to:

- Counselling
- Personal Profiling Assessments
- Motivational Interviewing
- Case management, goal setting and action plans
- Career mapping and purpose discovery
- Assessment and referral services
- Access to downloadable practical and effective self help resources
- Education, equipment and empowerment in fundamental areas of self governance, power and responsibility, relationship, communication, boundary work, existential and purpose, love for self and others, thoughts and beliefs, and all things wellbeing – spirit, soul and body.

Contact me to discuss a tailored program or package that best suits you. Invest in you today, tomorrow will thank you for it!

*Adanya*

Need something else? We do a lot, feel free to email your illustration imaginations and wording wishes to [helopenandprose@icloud.com](mailto:helopenandprose@icloud.com) for a quote. Thanks for helping us afford our tootsie paper.

