

CASSARA STRUERS

PACKAGES FOR BUSINESSES

How The Core Energy Technique can work for your business



WORKSHOPS FOR MANAGERS

Session - three hours

Along with The Core Energy Technique focusing on ways to be and stay both calm and stress free in a working environment as a way to a clear mind

Groups of 3 -10

COST - 1200

WORKSHOPS FOCUSING ON TEAM PERFORMANCE

Session - three hours

Using The Core Energy Technique in bigger groups to find more ways for positive interaction

Groups of 6 - 25 (Sliding Scale according to number)

COST - minimum 800

INDIVIDUAL MENTORING

Session - one hour

In person, phone or skype

COST - 150 per hour



clarity of mind

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Available to travel internationally