

Power and Ability

PROGRAM

Take the Leap



How does it work?

- Group therapy sessions for one and a half hours every week.
- “A friendly voice” online group available 24/7 for sharing and emergencies. All the therapists will be in the group.
- The list of top books recommended by the Power and Ability team.
- A first aid kit for panic attacks or more troublesome feelings.
- Personalized help for your specific situation.
- Mindfulness meditations
- Breathing exercises
- Check-ins with the mentor to track personal growth and set new goals.

How to get started?

- Register and submit the plan and language you wish to begin with.
- You will be contacted by our team providing the details necessary to schedule your first session.
- You will be given access to all the bonuses referred to above.
- You will be given the chance to explain what you want to focus on more and what objectives you have.
- And finally... we get to work!

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We will see you on the inside!

