



Mudimo Okondo
30 Begbie Road, London SE3 8DA
mudimo@okwellbeing.com
07976 606 704
020 3674 1205

Session details and cost:

Face to face sessions

These are nominally 50 minutes long, which allows me some time for re-centering and any required admin. between client sessions. Please arrive timely so that you have a few minutes to settle beforehand and receive the full benefit of all your session time.

Individual sessions are charged @ £55.00, or £50.00 when booked as a series of 6.

Online sessions

40 minute video calls usually using ZOOM. You will need to download and install the latest software from <https://zoom.us> . Other common alternatives such as Skype, FaceTime, or WhatsApp can be used if more convenient.

Video calls are charged @ £45.00, or £40.00 when booked as a series of 6.

Telephone sessions

Typically 30 minutes, telephone calls can be structured either as regular counselling sessions, or as intermediate support calls; e.g. alternating face-to-face sessions with a call.

Telephone calls are charged @ £35.00 or £30.00 when booked as a series of 6.

Frequency

This can be adjusted to work best for your circumstances - weekly, fortnightly, or less frequently, and in a combination of the session formats above to suit you. The duration of your counselling engagement is also up to you.

Multiple Series may also be paid for in advance, up to a maximum of 6 in any calendar year.

Payment and Cancellations:

Both Individual sessions and session Series must be paid for in full before any further sessions or series can be booked. Concessions and payment plans will be negotiated at my discretion.

Payment may be tendered in cash, or Online payments may be made using PayPal through the OKWellbeing website payment page <https://okwellbeing.com/somaflow/payments.php> , or by direct bank transfer. PayPal payments will incur a processing fee, which is currently 2.9% + 30p per transaction. If you do not wish to pay this fee, please call to obtain banking details.

Individual sessions can be cancelled and rescheduled without penalty with 48hours notice. A £10.00 fee is charged for individual session cancellations with 24 - 48hrs notice. Same day single-session cancellations will incur the full session fee.

Outstanding balance refunds are available for incomplete Series and will incur a cancellation fee.