

THE MIND MENTOR

make
your
life
count

Therapeutic Coaching | Mentoring and Self Development



Client Packages and Prices

Understand how your mind actually works so you can make real change today

Fully supported solutions that create real transformation

As featured



CheshireLife



MailOnline

Why choose The Mind Mentor?

Most people arrive here after trying to think their way out of a problem, push through it, talk around it, or follow a framework that never quite fits.

The Mind Mentor approach is different. It works with the root drivers behind feeling, behaviour and choice, then translates that insight into practical action.

Your mind works using three key elements:

Safety – Its primary objective is to keep you safe.

Prediction - Your mind is always predicting how to keep you safe

Pattern – The neural networks in your mind create patterns

Together you have created an operating system not based on what you need but on what your mind thinks you want.

Everyone's transformation journey is different.

A Different Environment, Different Starting Point, A Different Everything.

So, to get the breakthrough you need a Different Approach – **One Designed Around You.**

Solution	Support	Value
A clear route towards understanding what is really happening beneath the surface, so change is grounded in truth, not guess work.	A calm, confidential and practical relationship that keeps you moving when old patterns try to pull you back. You don't need to rely on therapy because you understand what's going on.	Structured entry points and deeper transformation packages mean you can start at the right level, then step up only when it makes sense.

The core promise

You are not here to become dependent on another professional. You are here to understand yourself with more accuracy, build confidence in your own judgement and create the next stage of your life, work or practice from a stronger foundation.

My approach blends a tool kit of advanced clinical hypnotherapy, therapeutic coaching, mentoring, psychological insight and practical somatic integration.

The focus is not on labelling you or giving you a script to follow. It is on helping you access better information, make clearer choices and build change that feels genuinely yours.

Support is useful. Solutions create change.

A clear distinction between conventional support-led work and The Mind Mentor approach.

What many people have already tried

- Open-ended support with no clear route forward
- A system that asks you to fit yourself around the method
- Surface-level work that helps briefly but doesn't resolve the driver
- The aim to help you cope and manage.
- Some insight, but not enough integration into everyday life

What this work is designed to do

- Identify what is driving the feeling, pattern or decision
- Create a tailored route based on you, not a template
- Deep insight with practical tools and accountable action
- More choice, more control and a clearer way forward
- A clear path:

Understand, Choose, Change

The Four Pillar Method

I use multiple tools and approaches based around My Four Pillar Method.

Environment

We often focus on what is happening on the outside, but your mind, body and nervous system have created safety patterns based on an environment that is no longer serving you.

The first stage is to understand and release that pattern and loop.

Communication

Once we gain an understanding of our internal environment we can start to understand and communicate what needs to change. This allows old patterns, assumptions and emotional responses to loosen their grip.

Now we have choice.

The Why

Traditional approaches are often logical, but the mind isn't logical.

When we understand why we feel and act in a certain way, the mind, body and nervous system stop fighting each other and change happens naturally.

The Need

We now shift from a want to a need, not needy, but a clear understanding of what we need, why we need it and the ability to communicate that.

This enables you to integrate the shift into life, work, relationships and identity so it lasts.

This approach underpins all my service offerings from introductory offerings, transformation packages, clinical supervision and business mentoring, through to corporate offerings for companies and employees.

1. Introductory Products

Start where you are. Step up only when the next level is the right for you.

I always recommend a **FREE Clarity Call** to advise on where to start based on your budget and requirements.

Often the first question I get asked is “How much it is to work with you?”

It’s an impossible question; the following pages are designed to give you an idea of where you would like to start so when we have that call you can gain further clarity.

Starter Courses – Before Transformation

1 Webinar	2 Intro Course	3 Power Hour	4 Transformation Course
FREE	£27	£97	£150
Taking Off The Mask	The Truth About You	A focused 1:1 session	Five Foundations
<p>A powerful introduction to the Four Pillars and the truth about how change begins.</p> <p>Also includes an immersive experience, showing you how you can shift your perception.</p>	<p>A practical starting point for self-awareness, confidence and direction.</p> <p>Practical advice and information</p> <p>Practical demonstrations, and audio tools.</p> <p>Includes a Public WhatsApp group so you can ask any questions.</p>	<p>This includes where you are analysis.</p> <p>The Truth About You Course</p> <p>First Step insights and practical tools to get you started.</p> <p>Please book your clarity call and if you book the Power Hour at the same time save 50%, £97 if taken after the clarity call.</p>	<p>The Five Foundations is the next step to the Truth About You Course.</p> <p>This course is a self-guided course to show you how real change can take place.</p> <ol style="list-style-type: none">1. Video lessons2. Immersive Audios3. AI Coach to guide you4. Powerful Journaling Method5. WhatsApp Support Group
webinar.themindmentor.co.uk	truth.themindmentor.co.uk	themindmentor.co.uk/booking	foundations.makeyourlifecount.co.uk

This starter ladder is designed to remove pressure from the decision. You can experience the approach, build trust in the method and choose the level of support that matches your goals, budget and readiness for change.

Best first step

Book a free consultation. It helps confirm what you need, which level is appropriate and whether deeper 1:1 work is the best route. <https://themindmentor.co.uk/booking>

Transformation packages

For people who want personalised 1:1 work, deeper insight and supported change.

85% of my clients start here because this is where the real changes happen, we move beyond awareness to real solution driven change, regardless of the challenge these packages are designed based on results not time.

The more you invest the deeper we go, the faster the shift.

Finance options through Klarna Pay are available but please be aware geographical restrictions may apply.

Clarity call required to ensure the right package for the results you desire.

<p>1:1 Starter Package Foundations</p> <p>£647 – 21 Days</p> <p><i>Best for one clear challenge</i></p> <ul style="list-style-type: none">• Primary analysis• Deep-dive intervention• Bespoke transformation toolkit• Support calls and integration• AI Coach available 24/7• Online Support Resources	<p>1:1 Starter Package Enhanced Foundations</p> <p>£997 – 6 weeks</p> <p><i>Most popular starting point – Starter package plus</i></p> <p>Foundations plus</p> <ul style="list-style-type: none">• Ideal for more complex challenges• 2 hour Life Assessment Call• Additional coaching and mentoring support• Additional Online Courses
<p>1:1 Growth Package</p> <p>£1,497 – 2 months</p> <p><i>For multiple challenges or accelerated change</i></p> <p>Enhanced plus</p> <ul style="list-style-type: none">• Enhanced support• Deeper integration• More complete transformation route• Practical tools for everyday life	<p>1:1 Mastery Packages</p> <p>From £4,997</p> <p><i>For long-term transformation from 3 months upwards</i></p> <p>Growth to Mastery</p> <p>We take the Growth Package and turn it into self-Mastery, go deeper, faster and longer for the ultimate Mind Mentoring experience.</p> <ul style="list-style-type: none">• Elite-level support• 3-12 life or business areas• Ongoing mentoring and accountability• Bespoke strategy and availability

All packages are customisable based on your needs, however the packages have been designed and tested and have proven results.

Proof, trust and the next step

Real change is personal. The right professional relationship matters.



That is why the next step is not about pressure, promises or being pushed into a programme.

It is about clarity. A conversation gives you the space to understand what is really happening, what needs to change, and whether Marcus is the right person to help you move forward.

When the fit is right, the work becomes focused, practical and deeply personal, helping you build confidence, create momentum and make changes that last.

Book your free consultation today and take the first step towards the clarity, confidence and change you have been looking for.

<https://themindmentor.co.uk/booking>

All prices are indicative and final recommendations are made after consultation. Subject to terms and conditions.