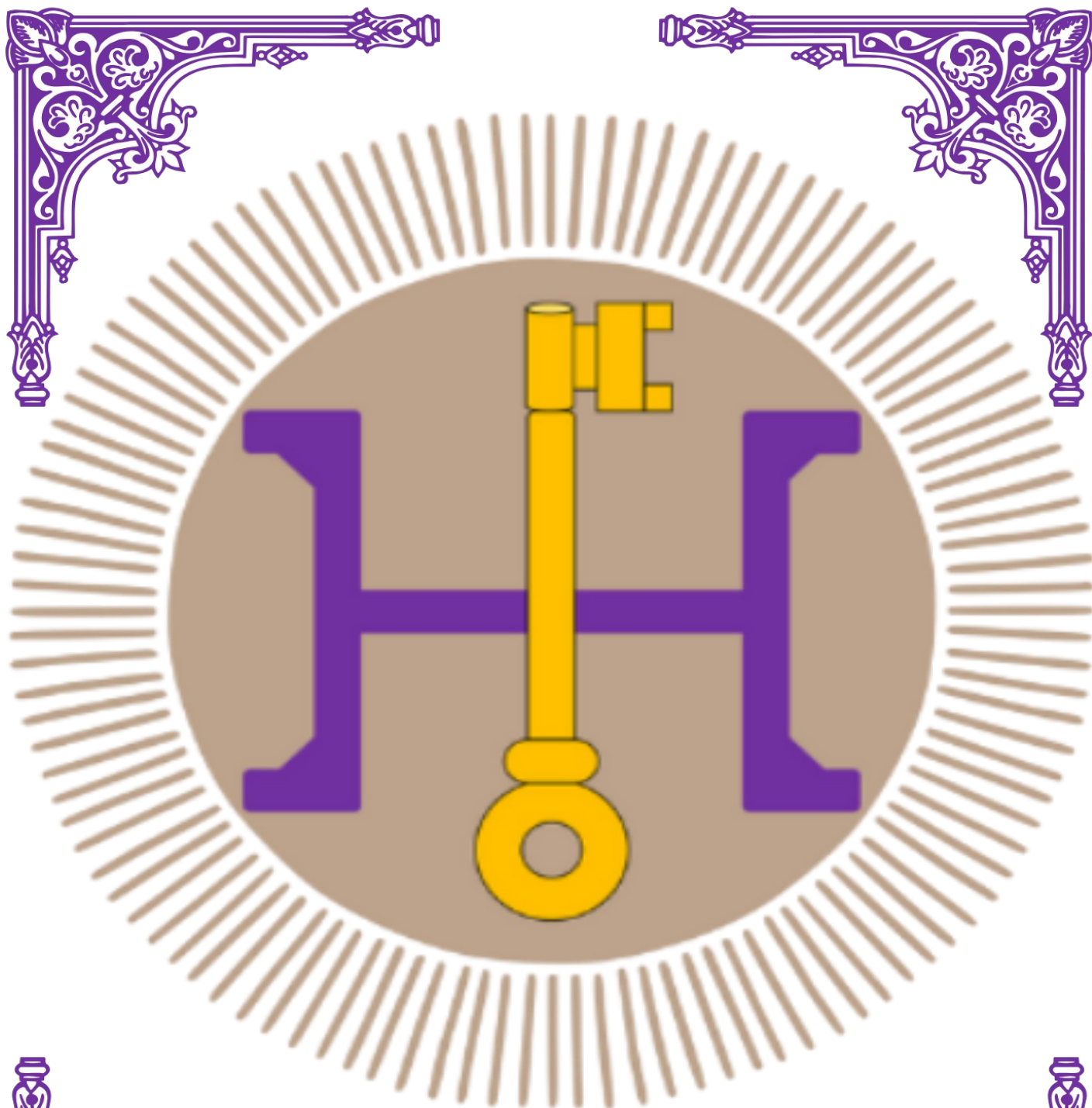




Kairos Pathways

**Helping you through
life's defining moments.**



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Welcome Letter

Dear Friend,

We warmly welcome you to Kairos Pathways. We are honoured that you are considering inviting us into this important season of your life. At Kairos Pathways, we believe that there are moments in life – sacred thresholds – when change is not only possible, but necessary and attainable. These “Kairos moments” are invitations to grow, heal, and seek new beginnings. Your moment has inspired you to travel paths that will inevitably lead to a deeper sense of wholeness, restoration, reconciliation, and rejuvenation – paths that though littered with trials and tribulations will nonetheless reinvigorate you as it breathes new life into your being.

We at Kairos Pathways believe that these moments are gifts from above – blessings in disguise. They are infused with hope, faith, and conviction that the power to change is readily available. We are delighted that you are willing to grasp that power and undertake the journey ahead. We are confident that your journey will reveal truths that will set you free – truths that will revitalize you in ways you might not have imagined.

Every person is uniquely designed. As a result, the calling from your “Kairos moment” is unique to you only. You may be seeking the same destination as others, but the path you’ll take to get there will be just as unique as you are. We believe that deep down inside of you is the knowledge of how to get to your destination. Our work together will not be about fixing you, but walking alongside you as you rediscover your wholeness, resilience, and calling. Coaching with us is a collaborative journey that honours your spirit, soul, and body. You bring the wisdom of your story, and we provide presence, tools, and guidance to help you walk your unique path with clarity and courage.

Thank you for trusting us with this part of your journey. We look forward to working with you.

With warmth,

The team at Kairos Pathways



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Kairos Pathway's Philosophy

At Kairos Pathways, we believe that every person is valuable, unique, and deeply worthy of care. Just as every piece of a puzzle is essential to complete the whole, each individual carries a role that no one else can fill. You are not a problem to be fixed but a person to be realized, fully seen, honoured, and empowered to grow into your best and truest self.

Spirit, Soul, and Body

We understand every person as a beautiful synergy of **spirit**, **soul**, and **body**.

- **Your Spirit** is your true self, the compass that orients you toward meaning and truth.
- **Your Soul** is your mind, will, and emotions, holding your story, wounds, and potential for transformation.
- **Your Body** is your living temple or vessel, carrying both your vitality and the marks of your experiences.

True wholeness comes when all three are nurtured and integrated. Our coaching honours the entire person – not symptoms in isolation – so you can find balance, resilience, and peace.

Self-Image and True-Image

Much of our inner work involves bridging the gap between our Self-Image (how we see ourselves, which is shaped by experiences and beliefs we've absorbed over time) and our True-Image (the authentic, treasured essence of who we really are). As we discover what is truly ours to believe, our paradigm shifts, aligning more closely with our deeper identity. The closer our Self-Image reflects our True-Image, the greater our peace, clarity, and fulfillment will be.

Technology and Humanity

We sometimes use a simple analogy: just as a computer has hardware, software, and a user, so do we as humans. Our bodies are our hardware, our DNA acts as our operating system, our thoughts, emotions, and behaviours act like software, and our spirit is the true "user" that gives life direction and purpose. This picture reminds us that while biology and psychology matter, it is the spirit that ultimately animates and guides us toward wholeness.

How We Live Out Our Philosophy

Our approach is holistic and relational. We weave together reflective practices, emotional resilience coaching, life transition support, and embodiment work to help clients reconnect with their True-Image. Every session is a safe, compassionate space where your story is honoured and your growth is nurtured.

Kairos Pathways exists to guide you through defining moments – thresholds between what has been and what is yet to come. We trust the wisdom of your spirit, the courage of your heart, and the timing of your soul. Wherever you are on your journey, we will walk alongside you as you take the next steps toward clarity, courage, and lasting change.



Our Block System

At Kairos Pathways, we don't talk in "hours." Instead, we talk in "blocks" and "Path Plans." Each block is 30 minutes.

1 block = 30 minutes of service

2 blocks = 1 hour

3 blocks = 1 hour and 30 minutes

This makes it easy to plan your journey and gives you flexibility with how you use your blocks. Your blocks are yours to use for any of the following:

- **Kairos Discovery Session** (2 blocks)
- **Emotional Integrative Therapy (EIT) Coaching Session** (1 block)
- **Kairos Threshold Session** (3 blocks)
- **Kairos Companion Session** (2 blocks of counselling)
- **Kairos Pathfinder Session** (2 blocks of coaching)

The Emotional Integrative Therapy (EIT) course is normally £200, but the more hours you commit to, the greater the savings – and the deeper the transformation.

Session Structure

A typical session may include:

1. Check-in Noticing how you're arriving.
2. Focus Clarifying what's most important today.
3. Exploration Using dialogue, somatic practices, or reflective tools.
4. Integration Gathering insights and setting intentions or practices.
5. Closing Grounding and resourcing for after the session.

Every session is unique, but each is designed to support your growth, resilience, and alignment.

Tools and Modalities We Draw From

- Emotional Integrative Therapy (EIT) A neurobiological framework for emotional healing and resilience.
- Peer-to-Peer Counselling & Mentoring Over 30 years experience walking with others through life challenges.
- Somatic Awareness/Mindfulness Practices Reconnecting body and mind.
- Sacred Masculine/Feminine Integration Helping you balance strength and softness, purpose and flow.
- Spiritual Exploration Space for reflection and purpose, held in spiritual neutrality.

Scheduling & Policies

- Sessions are 1 block (30 minutes) for EIT course, 2 blocks (60 minutes) for both Kairos Companion and Kairos Pathfinder sessions, and 3 blocks (90 minutes) for Kairos Threshold sessions.
- You will need to give us at least 24 hour notice if you need to reschedule or cancel a session.
- Sessions will be held via Zoom or Google Meet.
- Block usage is calculated and registered for sessions already held or booked.



Our Personal Path Options

With our Personal Path Options, the more blocks you commit to, the greater the savings – and the deeper the transformation. The savings you will receive will be applied to both our block rate and the cost for the Emotional Integrative Therapy (EIT) course.

Our current standard rate for the Emotional Integrative Therapy (EIT) course is £200.

At Kairos Pathways, we understand that every client's financial situation and comfort level are different. That's why we offer two flexible ways to invest in your own personal growth.

Personal Path Plan Purchase (Best Value for Certainty)

When you become a client, you can purchase a Personal Path Plan. Each plan comes with a discount that grows as you commit to more blocks.

- Pay upfront for your chosen Path Plan.
- Your block rate is **locked in at the block rate at time of purchase**, even if our prices rise in the future.
- Your purchased hours remain secure until you've used them all.

Ideal if you're ready to commit fully to your journey and want the greatest savings and stability.

Our Personal Path Plans include:

Plan	Best For	Blocks	Discount/Block	EIT Course
Starter	Ideal for clients who want to begin exploring being coached and/or counselled, or focus on one specific challenge.	8	5%	25% off
Growth	Perfect for clients ready to dive deeper into life transitions, resilience, or emotional healing.	16	10%	50% off
Transformation	Designed for clients ready to integrate body, soul, and spirit over a sustained journey.	32	20%	75% off
Journey	This plan offers maximum flexibility, the deepest savings, and the richest transformation for those who want long-term support.	48	30%	Free

👉 The more blocks you purchase upfront, the more you save.

Pros:

- **Price certainty:** You know exactly what you're paying.
- **Locked-in savings:** Your block rate is protected even if our rates increase.
- **Commitment benefits:** Paying upfront signals strong commitment, which often leads to better follow-through and results.
- **Simpler billing:** No need to track per-session invoices — you've already paid.

Cons:

- **Higher upfront cost:** Requires a bigger payment at once.
- **Less flexibility:** If life circumstances change, you may not use all your blocks. All blocks purchased remain active while you remain an active client.



Progressive Path Plan (Best for Flexibility)

Not ready to commit to a full plan? That's okay. With our Progressive Block Purchase, you can buy blocks as you go. Each purchase moves you into a tier based on your total block pool.

- Start small, then add more blocks later.
- Your per-block cost adjusts depending on your total block pool.
- This lets you spread out payments while still earning savings as you grow.

Perfect if you prefer **small steps at your own pace**, while still enjoying growing savings over time.

Example:

- First, you buy 10 blocks (Starter Plan, 95%). All 10 blocks will be purchased at 95% of the regular block price.
- Later, you wish to buy 30 more blocks.
- If you were to purchase the 30 blocks, your total block pool would be 40 blocks.
- A 40 total block pool would move you into the Journey Tier where the block price is only 70% of the regular block price.
- Therefore: The 30 blocks you wish to purchase will be at only 70% of the regular block price for each of the 30 blocks.

Tier	Best For	Total Block Pool	Discount	EIT Course
None	Ideal for clients who want to "test the waters" before they commit.	2 → 7	0%	0% off
Starter	Ideal for clients who want to begin exploring being coached and/or counselled, or focus on one specific challenge.	8 → 15	5%	25% off
Growth	Perfect for clients ready to dive deeper into life transitions, resilience, or emotional healing.	16 → 31	10%	50% off
Transformation	Designed for clients ready to integrate body, soul, and spirit over a sustained journey.	32 → 47	20%	75% off
Journey	This plan offers maximum flexibility, the deepest savings, and the richest transformation for those who want long-term support.	48 → 80	30%	Free

Pros:

- **Low barrier to entry:** Easier to start without a large upfront payment.
- **Flexibility:** Pay only for the blocks you want at the time.
- **Fair discounts:** The more you invest in yourself, the cheaper it becomes.
- **Trust building:** You can “test the waters” without big risk.

Cons:

- **Uncertain total cost:** Harder to budget, since final cost depends on how many blocks you end up using.
- **Price risk:** If the block rate increases, your sessions cost more unless you buy upfront.
- **Adjustment:** You may find the “discount applied” a bit confusing. As you progress, block costs will either remain at the same percentage rate or decrease.



Personal Path Options at a Glance

Feature	Personal Path Plan Purchase	Progressive Path Plan
When You Pay	Entire Personal Path Plan cost at the start.	Pay for blocks as you go.
Block Rate Basis	Locked at block rate when the Personal Path Plan was purchased.	Based on the block rate at time of purchase.
Discounts	Built into the package price.	Grow automatically as you purchase more blocks (progressive tiers).
Budgeting	Simple – one known cost upfront.	Flexible – spreads payments over time.
Flexibility	Blocks are pre-purchased and reserved for you.	Only pay for what you use, at your own pace.
Overall Cost	Lowest total cost (cheaper than progressive plan for the same number of blocks).	Higher total cost if the same number of blocks are used.
Best For	Clients ready to commit fully and secure savings up front.	Clients who prefer flexibility and gradual commitment.
EIT Course Discount	Based on Personal Path Plan purchased.	Based on Path Tier at time of purchase.

Our Shared Path Plans

"A burden shared is half the load and a joy shared is twice the flight."

At Kairos Pathways, we know that every journey is unique and the ability to follow a Kairos Pathway may be out of the financial reach of some. That's why we encourage individuals, businesses, churches, ministries, or organizations to reach out to those who need help by offering the highest discount possible.

Plan	Best For	Blocks	Discount/Block
Family	Best for families wishing to explore not only their own unique Kairos Moment, but the family's combined Kairos Moment. Each family member is a legal client and they follow their own Kairos Pathway. The family will also use some of its blocks to conduct shared sessions to help the family unit travel its Kairos Pathway.	64 or more	35%
Group	Best for groups wishing to help one another explore their separate and unique Kairos Moments. Each group member is a legal client and they follow their own Kairos Pathway. The group may use some of their blocks to conduct share sessions to help and support the group as they travel their own Kairos Pathway.	64 or more	35%
Community	Ideal for community-minded churches, ministries, businesses, or organizations who want to help others thrive. Each recipient is a legal client, and the organization can use some of their blocks to conduct combined sessions for a group of their recipients.	80 or more	40%



How the Shared Path Plans Works

- **Purchase of Blocks:** The purchase of blocks is determined by the Discount/Block rate for that Shared Path Plan.
 - For the Family and Group Shared Path Plans the discount rate is **35%** and
 - For the Community Shared Path Plan, the discount rate is **40%**.
- **Flexible Distribution:** Blocks can be divided among multiple individuals. Blocks allotted to a Recipient will determine the Recipient's Personal Path Plan.
- **For example:**
 - An **Owner** purchases a Shared Path Plan and allots 8 blocks to **Recipient(A)**, 20 blocks to **Recipient(B)**, and 34 blocks to **Recipient(C)** then,
 - **Recipient(A)** receives a Starter Personal Path Plan, **Recipient(B)** a Growth Personal Path Plan, and **Recipient(C)** a Transformation Personal Path Plan.
- **Recipient's Flow:** Because each Recipient is an independent client, they will need to follow the flow of care. Please refer to the Flow of Care for the steps they will follow. This ensures that every Recipient receives all the same benefits and advantages as those who purchased a Personal Path Plan.
- **Tailored Use:** Once the Recipient has completed the steps outlined in the Flow of Care, each Recipient can use their blocks however they wish — EIT Coaching, Kairos Companion, Kairos Pathfinder, or Kairos Threshold sessions.
- **EIT Eligibility:** EIT course eligibility is based on the Personal Path Plan the Recipient has been given.
- **Shared Path Plan Owner Will be:**
 - Family Shared Path Plan: Any individual who is designated by the family.
 - Group Shared Path Plan: Any individual who is selected by the group.
 - Community Shared Path Plan: Any representative for the organization.
- **Owner's Responsibility:** The Owner is responsible for administering the Shared Path Plan. This includes, but is not limited to:
 - Establishing the Shared Path Plan including purchasing blocks to initiate and maintain the Shared Path Plan,
 - Choosing Recipients to receive allotted blocks and supplying Kairos Pathways with the list of Recipients,
 - The distribution of blocks to the Recipients on the list,
 - Planning and scheduling of group sessions,
 - The purchase of the EIT course for any or all of the Recipients, and
 - Any other administrative functions necessary to maintain the Shared Path Plan.
- **How Recipients are Handled:** Recipients are legal clients of Kairos Pathways. They have all the rights and privileges afforded any other client.
- **Information Given to the Owner:** The only information about the Recipient Kairos Pathways will supply to the Owner is:
 - The email address of the Recipient (the client's UserID),
 - The date and time the Recipient had a session with Kairos Pathways, and
 - The number of blocks used for the session.
 - The number of blocks allotted to the Recipient.
 - The date and time the blocks were allocated to the Recipient.
- **Recipient's Agreement:** By agreeing to be a Recipient, and therefore a client of Kairos Pathways, each Recipient must agree that the information outlined in "Information Given to the Owner" will be supplied to the Owner of the Shared Path Plan while the Recipient still has unused allotted blocks. Once the Recipient has used up all their allotted blocks, no more information will be sent to the Shared Path Plan owner.



Key Benefits of the Shared Path Plans

- **Maximize Value:** Significant savings on coaching while reaching more individuals.
- **Financially Beneficial for Recipients:** Because the blocks are purchased at a higher discount, clients who receive allotments reap the benefits of the lower cost/block.
- **For example:**
 - If a person were to purchase a Transformation Personal Path Plan, the discount would be 20%.
 - Now, if an Owner of a Shared Path Plan purchases 64 blocks, each block will be at a 40% discount.
 - If a Recipient receives an allotment of 32 blocks, then they have been given a Transformation Personal Path Plan.
 - Since each block was purchased at a 40% discount, this means the Transformation Personal Path Plans was “purchased” at a further 20% discount.
- **Flexible Support:** Distribute blocks according to need — whether short-term help or long-term transformation.
- **Generous:** Families, groups, churches, ministries, businesses, or organizations can help others by gifting or donating blocks to individuals who can use the help, but are unable to do it on their own.
- **Empower Others:** Sponsor life-changing growth for your family, friends, members, clients, or your community.
- **Community Benefits:** A stronger family, group, or community benefits all involved. Helping your “community” to grow fosters a better community and encourages peace over strife. Encourage resilience, healing, and clarity across your entire community.
- **Purchase Multiple EIT Courses:** Personal Path Plans only allow for the purchase of one EIT course at a discount rate, but Shared Path Plans are allowed to purchase one EIT course for each of their Recipients.
 - The discount offered to purchase the EIT course is based on the amount of blocks allotted to the Recipient.
 - If a Recipients receives an allotment of 32 blocks, their own EIT course will be at 75%.

Shared Path Plan Definitions:

- **Owner:** Any individual who assumes responsibility for the administration of the Shared Path Plan.
- **Block Pool:** The total blocks purchased by the Owner.
- **Recipient:** Any individual who has received an allotment of blocks.
- **Block Return:** Blocks not used by a Recipient. For example: if a Recipient receives 16 blocks, but only uses 8 of those blocks, the remaining 8 blocks return to the Owner's *Block Pool*. This ensures that the Owner only pays for blocks used and enables the Owner to reassign unused blocks as they wish.
- **Block Release:** Blocks can be released back to the Owner in one of two ways:
 1. The Recipient may submit either an email or signed document to Kairos Pathways relinquishing their blocks back to the Owner or
 2. The Owner may submit either an email or signed document to Kairos Pathways requesting that the remaining blocks from a specific Recipient be transferred back to the Owner's *Block Pool*.



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Letter of Encouragement

Dear Friend,

Today you have taken a courageous step. Reaching out for support is not a sign of weakness – it's actually a sign of inner strength. We were designed to be interdependent, but it takes courage to reach out to someone and say: "I need to change but I'm not sure how to do it." In my many decades of life experiences, I have found that the strongest and most admirable people are those who are not only able to help others, but are willing to accept help from others. Embracing your courage, and your determination to seek your true-image, is an act of wisdom and strength. At Kairos Pathways, we believe every person carries within them the potential for clarity, healing, and transformation. Sometimes, we simply need a companion to help us recognize it, name it, and walk toward it.

We know that life is rarely simple. Transitions are often unsettling, emotions can feel overwhelming, and the road forward is not always clear. But here is the truth: you are not alone, and you do not have to carry this by yourself. This journey is not about fixing you, because you are not broken. It is about uncovering the wisdom already within you, and finding the courage to walk the path that has been waiting for you all along.

At Kairos Pathways, we see every person as a whole being – spirit, soul, and body. Our coaching and support honours every part of you, recognizing that healing and growth come when all three are nurtured and encourage to grow. Whether through Emotional Integrative Therapy practices, life transition coaching, somatic and mindfulness work, or simply listening with compassion, we are here to walk with you.

Your journey will be unique. It may involve uncovering a *Kairos Moment* – a threshold of change that feels both challenging and filled with possibility. It may involve learning to hold your emotions with more kindness, or realigning your choices with your deepest values. I, myself, have always believed that the next best thing to knowing you got it right, is knowing how we were wrong. It may mean strengthening your resilience, embracing and integrating your sacred masculine and feminine traits, or finding balance in your body and spirit. Whatever your journey holds, we will walk it together.

If you ever feel unsure, weary, or overwhelmed, remember this: you are already brave for being here. You are already further along than you may realize. And you are already capable of more clarity, strength, and peace than you can imagine.

So take a deep breath. The path is before you. This is your *kairos moment* – your opportune moment. And we are honoured to walk it with you. You will succeed in this endeavour because you've chosen to learn and improve!

With respect and encouragement,

The Kairos Pathways Team