

## So to book an appointment, here are instructions:

Please send an email to maria.castro.finalpaynz@gmail.com with a description of your situation and what type of help do you need (i.e. consultation about bullying, coaching and support, counselling).

Please send your time availability (evenings or early mornings) and dates. We will respond with a suitable time and person to help.

Payment in the amount of \$150nzd/hour can be made to BNZ account number:

## 02-0224-0232417-066

We will also follow up with you after the consultation, free of charge, via whatsapp, just to make sure you are ok and if you want to publish your Case Study in our page, free of charge.