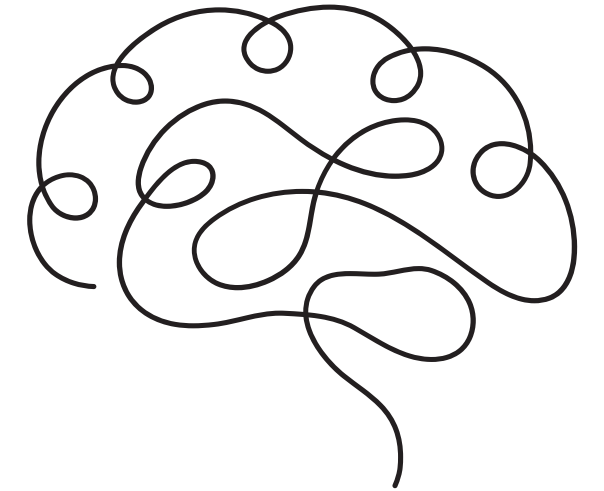




TOTS INSTANT INSIGHT *Membership Plan*

SWIPE TO LEARN

WHAT THE MEMBERSHIP INCLUDES:



- 2 assessments
- Daily whatsapp support
- Weekly exercises
- Session report after each thought, including tailored exercise schemes & worksheets
- Sensory exercises to activate the ACC (Anterior Cingulate Cortex and reduce the activity of the amygdala)
- A copy of my Manual “The Journal of Self `Discovery”

DEEP WORK — 3 months

3 MONTHS

Price: 790 \$ | 2,900 AED



FULL RESET — 6 months

6 MONTHS

Price: 1,470 \$ | 5,400 AED

💡 You save 110 \$ | 400 AED



FULL REWIRE — 1 year

1 YEAR

Price: 2,670 \$ | 9,800 AED

💡 You save 760 \$ | 2,800 AED




Real transformation

doesn't happen overnight — it happens in
your brain.

Every time you challenge a sabotaging
thought and choose a new perspective, you
are literally rewiring your neural pathways.

Science shows that lasting change comes
from repetition, consistency, and the right
guidance. That's why my coaching isn't
about quick fixes — it's about creating new
circuits in your brain that support clarity,
confidence, and resilience for life.

With Love 

Lucia Giammarco Granillo

