

HOW TO BOOK A DNRS COACHING SESSION

DNRS™ Coaching Support Services allow you to receive the personalized attention that can be the key to success with the DNRS™ program. All new coaching clients start with the Initial 70-minute session. In this session the coach will start by establishing your health history, as it relates to Limbic System Impairment. Once your coach has an understanding of your individual situation, it will help them to ensure they are tailoring the program to your individual needs and answering any questions you may have in a way that makes sense based on your personal situation. They will be able to address any challenges you may be facing in implementing the program, and help to clarify the program for you, as needed.



Please note that we recommend you work with the same coach throughout your coaching journey. You are welcome to change coaches at any time after you have had your Initial Session, but each new coach will require you to start with a 50-minute session. You can read our coaches biographies on our website [here](#), to help you make your choice in who you would like to work with.

We offer an online booking system to schedule coaching. Once you purchase your session, you will be sent a scheduling link via email which will give you access to each coach's calendar, so you can book whichever available appointment works best for you, with whichever coach you would like to work with.

We have included instructions on how to navigate the system below.

You have two options as a new client:

- 1) 70 Minute Initial Session - \$130 USD
- 2) Package: 70 Minute Initial Session + 4 x 30 minute follow up sessions - \$330 USD

Your Coaching Options

	70 Minute Initial Session For new clients. In your initial session your DNRS™ Coach will go over your health history to date in order to identify various challenges that have contributed to limbic system impairment along with creating a personalized strategy for moving forward.	\$130.00 USD Order Here
 	Initial 70 Minute Session plus 4 x 30 Minute Sessions For new clients. Includes initial 70 minute session and four 30 minute follow-up sessions. A 10% savings.	\$330.00 USD Order Here

After you have your Initial Session, we also offer a variety of 30 minute and 50 minute follow up sessions and packages, if you would like to continue coaching in the future. The following step-by-step instructions will take you through the purchasing and booking process for the DNRS™ Coaching Services provided on our website:

How to purchase a DNRS Coaching Support Session:

1. Visit: <https://retrainingthebrain.com/telephone-coaching-support/>
2. Select which session(s) or package you would like to purchase and click 'Order here' (to the right of the session description)
3. Enter your personal information (name, phone number, email address).
4. Click "Pay now and complete order," you will be then taken to our Billing Information page.
5. On the Billing Information page, enter your billing address + credit card number, click "Pay and Complete Order".
6. You will then receive an email, which will be your receipt.
This email will be labelled: "Your DNRS Coaching Order and Scheduling Link: (your name)".

The screenshot shows a checkout page with two tabs: 'Checkout' and 'Confirmation'. The 'Checkout' tab is active. The form contains the following fields: First Name (Joan), Last Name (Smith), Phone (555433341), and Your E-Mail Address (joan@email.com). There is a 'Notes to Business' field with a placeholder '(your address or any special notes about your order)'. Below the form is a table with the following data:

Item	Quantity	Total
70 Minute Initial Coaching Session	1	\$130.00

Below the table, it shows 'Total: \$130.00' and a 'Coupon:' field with an 'Update' button. At the bottom, there are two buttons: 'Pay Now and Complete Order' and 'Pay Now with PayPal' with the PayPal logo.

Please note: If you have purchased more than one session, please keep this email to refer back to. If you purchase new sessions, you will receive a new email to keep, to schedule those newly purchased sessions.

How to schedule a DNRS Coaching Support Session:

1. Click on the word '[Schedule](#)' (which will be in blue), in the confirmation email you received at the time of purchase. '[Schedule](#)' is hyperlinked and it will direct you to our Scheduling page.

The screenshot shows an email receipt from Dynamic Neural Retraining System. The email header includes 'From: Dynamic Neural Retraining System' and 'Signature: None'. The main body of the email contains the following text:

Order Receipt - Please Keep This Email - You will require this email when scheduling future appointments.
Joan Smith (phone: 555433341, e-mail: [your name@email.com](#)) has placed an order for:

Item	Unit Price	Quantity	Total
70 Minute Initial Coaching Session	\$130.00	1	\$130.00

Below the table, it says 'Certificate codes: E5FEDF4F [Schedule](#)'.

2. On the Scheduling page, Redeem your Coaching Session type (eg. 70min, 50min, 30min)

3. Choose your coach by clicking on their name.

The screenshot shows a form with a 'Code or Email' field containing 'E5FEDF4' and a green checkmark. Below it is a dropdown menu for session types, with '70 Minute Initial Session' selected. Underneath is a section titled 'With...' containing a list of coach names: Alita Hetland, Ariyele Ressler, and Christine Lindberg.

4. On the following page, set your time zone from the drop-down menu.

The screenshot shows a form with a dropdown menu for time zone selection, currently set to '(GMT-4:00) Eastern Time'. Below the dropdown is a blue button labeled 'Set time zone'.

5. Choose which date you would like to schedule your session. Available dates are listed in BOLD font.

6. Choose which time you would like to schedule your session. Click [Continue](#). You will be directed to a new page.

The screenshot shows a calendar for September 2019. The date '10' is highlighted in bold. Below the date, there is a list of times: 11:10am, 11:50am, 12:30pm (highlighted in blue), and 3:00pm.

7. Fill in the information required (name, phone number, email address etc), and complete the intake form. All fields with a red asterisk (*) are mandatory fields and must be completed.

8. Click '[Complete Appointment](#)' at the bottom of the page

9. You will receive an email that will confirm your scheduled session. If you need to cancel or re-schedule your appointment, you can do so by referring to that email and clicking on: [View Appointment Details](#). Here you can also 'edit forms' to edit your intake form as many times as you need to, up until 48 hours before your appointment.