



CREATIVE CONSULTING

for wellness + mental health professionals

WITH SOFIA SCHURINGA



SOFIA SCHURINGA

FOUNDER OF LUX COUNSELLING COLLECTIVE

Sofia has always been a creative at heart. Her background in the arts meshed with her expertise in mental health and holistic wellness has created a passion for story-telling, design, and helping other brands express their true colours.

She is proficient in all things Canva, creative design, writing, and brainstorming. You can find her sipping lattes, dancing with her daughter, and decorating her home on days off.

Together with her team, Sofia will provide services that suit your needs and budget.

WAYS I CAN SUPPORT YOU

- Social media management weekly & monthly
- Design elements logos,
 Facebook/Instagram stories and posts, posters, business cards, stickers, etc.
- Initial and on-going brainstorming sessions
- Social media scheduling and planning
- Creative planning for e-books, online courses, or other digital offerings
- Video recording and editing
- Photography



CURRENT PROJECTS

LUX COUNSELLING

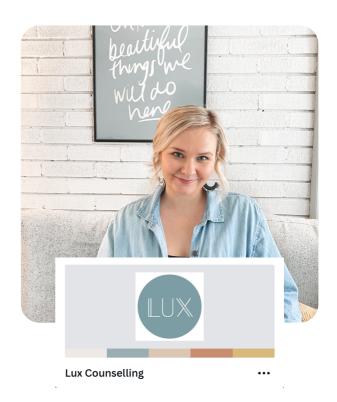
Our project with Lux is ongoing design, promotion, e-books, online courses and creative ways of displaying our brand.



Online-Therapy.com

DR. RUSS IRWIN

Our project with Dr. Russ involves social media management, design elements, video recording and editing.



ONLINE-THERAPY.COM

Our project with onlinetherapy.com involves branding, advertising and promotion, monthly social media management, and design



Dr. Russ Irwin





PRICING

- Consult + Brand Overview \$200
- Brand Design + Packaging \$500+
- One-off designs \$50/hr
- Monthly Management \$50/hr to \$4000/mon



CONNECT WITH ME

SOFIA @ LUXCOUNSELLING.ORG