



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 on-going design, promotion, e-books, online courses and creative ways of displaying our brand.



Lux Counselling ...



Online-Therapy.com

ONLINE-THERAPY.COM

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



Dr. Russ Irwin

DR. RUSS IRWIN

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

An abstract painting with various colors like yellow, blue, red, and grey, featuring thick brushstrokes and some dark lines. A white rounded rectangle is overlaid in the center, containing text and a quote symbol.

“

Let the story you have
to tell be screamed
from the rooftops! Let
the light in you shine
through in colour,
design, and beauty.

—
SOFIA SCHURINGA



PRICING

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



C O N N E C T W I T H M E

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