

[How to Book Your Individual Coaching Session](#)

Individual Coaching with a Certified DNRS Coach is available to provide personalized guidance as you implement the DNRS program. During these sessions, your coach can offer encouragement, clarification, and customized support to help you apply to the program.

Before purchasing, we recommend reviewing our [Certified DNRS Coaching Team](#) on the website so you can choose the coach you would like to work with.

Please note: if this is your first time booking Individual Coaching, an **initial 60 minute session is required**.

How to Purchase

1. Go to the Individual Coaching Support page.
2. Select your preferred coaching option or package and add it to your cart.
3. Enter your personal details, including your name, phone number, and email address.
4. Continue to payment.
5. Enter your billing address and payment details.
6. Complete your order.

We accept Visa, Mastercard, American Express, and PayPal.

After your purchase is complete, you will receive an email titled **DNRS Order Receipt and Scheduling Link**. This email **confirms your purchase only** and includes the scheduling link needed to book your coaching session.

How to Schedule Your Session

1. Open your **DNRS Order Receipt and Scheduling Link** email.
2. Click the scheduling link provided in the email.
3. Select your Certified DNRS Coach, date, and time.
4. Complete the required intake form.
5. Continue to the checkout page.

Booking code note: Your booking code should automatically apply when you use the scheduling link. If it does not, please enter the booking code in the coupon code field before completing the booking.

Once your appointment is successfully scheduled, you will receive a **separate booking confirmation email** with the date and time of your session. To reschedule or cancel, please use the **View Appointment Details** link in your booking confirmation email.

Need Help?

Please contact us at info@retrainingthebrain.com or call 1-800-947-9389. Our Client Services Team will be happy to assist you.