



I See You
CONSULTANCY



Behaviour &
Positive Behaviour Support

Family Support Guide

Understanding Behaviour
& Finding the Right Support



A guide to understanding
behaviour and choosing
the right support for
your family.

*Understanding
People.
Creating
Positive Change.*



Behind Every Behaviour
Is a *Need, a Story*
and a *System.*



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Behaviour &
Positive Behaviour Support

What if behaviour is trying to tell us something?



Every behaviour has a reason.

Sometimes behaviour
communicates a need.

Sometimes it's **communication**
without words.

Sometimes it's **overwhelm**,
pain, anxiety or an unmet need.

At **I See You Consultancy**,
we don't judge by asking
“**Why do you do that behaviour?**”

We begin by asking
“**What is this behaviour
trying to communicate?**”



Welcome



Finding the right support can feel overwhelming.

Whether you're concerned about changes in behaviour, struggling to understand why behaviour is happening, or looking for practical strategies that make a real difference, you're in the right place.

At I See You Consultancy, I believe that every behaviour has meaning. Rather than asking "How do we stop this behaviour?" I work alongside families to understand why behaviour happens and how we can improve quality of life through compassionate, evidence-based Positive Behaviour Support.

Every family is unique, which is why support is always tailored to your individual circumstances.

The I See You Journey



**Behaviour
Consultation**



**Functional
Behaviour
Assessment**



**PBS
Plan**



**Parent
Coaching**



**Annual
Review**

Behaviour Consultation

£225 Online | £275 Home Visit



The starting point for real change.

A Behaviour Consultation provides an opportunity to explore your concerns, understand the current situation and receive professional guidance tailored to your individual circumstances.

Together, we will identify key areas, explore possible reasons for the behaviour and agree on the most appropriate next steps.



WHAT'S INCLUDED



Before

- Free Discovery Call (15 minutes)
- Welcome email
- Pre-consultation questionnaire
- Review of documents (up to 10 pages)

Consultation

- 60–90 minute consultation
- Explore concerns
- Behaviour formulation
- Practical advice & strategies
- Immediate recommendations
- Next steps agreed

Afterwards

- Short summary report
- Consultation feedback
- Recommendations tailored to your needs
- Suggested further steps/services



FOCUS ON YOU

All consultations are person-centred and confidential. I am here to listen, not to judge and provide honest, compassionate advice dedicated to what you and your environment face.

Functional Behaviour Assessment (FBA)



From £995

Up to 3 structured observations

OR

From £1,295

Up to 5 structured observations

A comprehensive assessment to understand why behaviour happens, what it may be communicating and which factors are influencing it.



WHAT'S INCLUDED



- ✓ Initial consultation
- ✓ Assessment planning
- ✓ Review of previous reports
- ✓ Session & education overview
- ✓ Family interview
- ✓ Professional interviews
- ✓ Review of behavioural records
- ✓ Data collection guidance (where needed)
- ✓ Structured observations
- ✓ Functional analysis
- ✓ Behaviour formulation
- ✓ Comprehensive report
- ✓ 90-minute feedback meeting



TYPICAL TIMEFRAME

4–6 weeks
(depending on complexity and availability of information)



Positive Behaviour Support (PBS) Plan

£495

£350 following an I See You Consultancy FBA.

A personalised Positive Behaviour Support Plan designed specifically around the assessment findings.



WHAT'S INCLUDED



- ✓ Person profile
- ✓ Quality of life goals
- ✓ Behaviour formulation
- ✓ Proactive strategies
- ✓ Reactive strategies
- ✓ Communication support
- ✓ Environmental recommendations
- ✓ Skill development
- ✓ Data collection guidance
- ✓ Review recommendations



IMPORTANT

A PBS Plan is developed following a Functional Behaviour Assessment completed by I See You Consultancy or after receiving a recent, suitable FBA.

STEP 4

Parent Coaching

£150 per session

or

Six sessions £825



Practical support to help families confidently implement Positive Behaviour Support strategies in everyday life.



COACHING MAY INCLUDE



Reviewing progress



Problem solving



Strategy personalisation



Adjusting support



Building confidence



Planning for future challenges



GOOD TO KNOW

Coaching is tailored to your family's needs and can take place online or in your home.

STEP 5

Annual Review

From £395



Support needs change over time.

An Annual Review ensures that recommendations continue to work for the individual's current needs, strengths and goals.



WHAT'S INCLUDED



- ✓ Progress review
- ✓ Updated recommendations
- ✓ Review consultation
- ✓ Updated summary
- ✓ PBS Plan amendments (where required)



GOOD TO KNOW

Annual Reviews are typically recommended every 12 months, or sooner if needs change.

Investment



Clear, transparent pricing with no hidden costs.



Behaviour Consultation	£225 Online £275 Home Visit
Functional Behaviour Assessment <i>(Up to 3 observations)</i>	From £995
Functional Behaviour Assessment <i>(Up to 5 observations)</i>	From £1,295
Positive Behaviour Support Plan	£495 £350 following an I See You FBA
Parent Coaching	£150 per session Six sessions £825
Annual Review	From £395



PAYMENT OPTIONS

Payment plans may be available for assessments.
Please enquire for more information.

Frequently Asked Questions



1 What does coaching involve?

Coaching supports families to explore or review progress, problem solve challenges, create strategies and build confidence to support your child every day.

2 How long does an assessment take?

Typically between 4–6 weeks depending on complexity, availability and scheduling.

3 Do you work with children and adults?

Yes, I support children, young people and adults with a range of needs, including Autism and Learning Disabilities.

4 Will you travel to us?

Yes, I offer home visits and travel to organisations across the UK. My base is Middlesex, but I cover a wide area including Central London.

5 What areas do you cover?

I work across London, the South-East and the Midlands by arrangement.



“

I believe
behaviour always
has meaning,
and that lasting
change happens
when we
understand the
person behind
the behaviour,
their needs
and the system.

