



Counselling

Description

Most people feel the benefit of talking through concerns and choices at key points in life. A friend, family member, community or religious leader may be able to help.

Occasionally an experienced professional who is both trained and has spent a significant amount of time working with people in this way is required for different perspectives, new approaches and ideas to emerge. It works in the same way you might consult a mechanic or plumber when you have tried fixes yourself but then still need something more.

Or it may be vital for you to talk to someone completely outside your current situation who can offer objectivity, confidentiality, fresh tools, the chance to reflect and to help you to focus on looking after yourself.

This is where counselling can really help.

Counselling discussions clarify your options and how to best use your personal resources. And will enable you to determine the next steps you want to take.

You may be wanting to look at:

- life choices
- career change
- relationships
- divorce
- finding direction
- fitness
- work challenges
- money management
- feeling overwhelmed/stress
- bereavement
- retirement

Counselling sessions are booked in single sessions and with a view to helping you in as few sessions as possible.

We offer an initial free 15 minute phone discussion so that you can find out whether this will suit your situation.

[Get In Touch](#)

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