



### About Me

I am an integrative counsellor working with both short and long term clients. Always willing to accommodate any person if I can. Everyone should have access to support without status creating restrictions. Financial struggles can be an issue that many people experience. If finances are creating boundaries, we can discuss this during our first meeting. I offer a free 15 minute call or online chat. This gives you the opportunity to see if I am the right person for you to lean on, going forward.

So, why did I become a counsellor?

I have my own lived experience of challenges life can bring, learning to navigate my way through the journey instead of running away from things I cannot control or change. I suffered years of anxiety, OCD and pleasing others for much of my life. There came a point where I wanted to change, I wasn't living the life I wanted. I decided to face the uncomfortable and learn about how I ended up where I was. It was this self exploration that brought about the changes in me, for me to no longer allow anxiety and fear to rule.

I feel strongly about wanting to help others learn about themselves and up-skilling others. Enabling people to change their ways of being, to realise anything is possible. However, we have to want and be prepared for an uncomfortable road ahead. Years of family values and beliefs are engrained, friends opinions and biases all playing a part in our decision making.

Everything you know to be what you stand for, being explored and challenged and all of it to help paint a clearer picture of how you got to be where you are today.

Counselling can enable you to make your own life choices that mean you can live a life that you take control of.

You won't be alone though that is vitally important to remember. This is where I will be there to sit and listen, helping you to unpack the load you've been carrying that may have been weighing you down.

This is an opportunity to be heard without judgement or bias. I will be there to support you with whatever you want to talk about each time, with no pressure from me.

Relationships with those around you may be challenging at times too, but like an old saying goes:

*"The greatest discovery in life is self-discovery. Until you find yourself, you will always be someone else. Become yourself."* – Myles Munroe.