

Clinical Psychology

- Adults over 18 years
- Anxiety
- Depression
- Grief, loss & complex grief
- Death & dying
- Adjustment disorder
- Life transitions
- Chronic health
- Relationships
- Family issues
- Communication
- Work-related challenges
- Stress management
- Work/life balance
- Self-esteem & self confidence
- Cross-cultural difficulties
- Trauma, PTSD & Complex PTSD
- Anger management
- Adult survivors of past physical, sexual, or psychological abuse
- Divorce & separation
- Conflict resolution
- Pre & Post Retirement challenges
- Decision making

Executive Coaching

- Adults over 18 years
- Life, Work, Relationship, Personal Coaching
- Leadership development
- Career transitions & changes
- Stress management
- Life/Work balance
- Healthy lifestyle
- Managing change
- Work-related issues
- Improving communication
- Preparing for retirement
- Decision-making
- Life vision: creating a more inspired big picture & meaningful daily life
- Living your values more fully
- Educational stress, e.g. completing a degree, passing exams
- Conflict resolution
- Overcoming creative or artistic challenges
- Clarity about what you really want in one or more areas of your life
- Preparation for upcoming changes & challenges
- Meditation, Mindfulness and Positivity training
- Exploring fundamental life questions: Who am I? Where am I going? What do I really want?