

PROFESSIONAL CONSULTATION

NEW SERVICE

In the past year many of you have asked to work with me for a discrete, ring-fenced piece of work (1 – 3 sessions).

Essentially, you have been requesting focussed help to navigate your professional self-management. So, I am now offering what you are asking for - a thinking space drawing on my supervision, coaching and counselling skills.

This service might appeal if you:

- need a professional re-boot
- want the chance to refresh your thinking & professional perspectives
- are stuck in a rut with work/career
- feel nervous about taking a first step in the context of having future aspirations
- are not sure what you want or how to access it
- think you want to kickstart some new ideas
- would like to see your current self-care and supervision needs through a new lens
- are unsure if you need more/different supervision, coaching, mentoring

If interested, please contact me for an initial chat, further information or to arrange a session:

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