



Shining Thru Counselling & Support Services

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FOCUS GROUPS

Do you feel your opinion is not valued within your organisation? Is there a perception that there must be a consensus about decisions? Do you wish to be an active participant in influencing positive change within your workplace?

If you answer yes to any of these questions, then this may be for you.

Through guided discussion, your group will explore perceptions, opinions, beliefs, and attitudes towards the work you undertake, to provide ability to inform workplace consultation procedures.

Focus groups are particularly useful when there are power differences between you as a group of workers, and the major decision-makers. Your group can determine the strengths and weaknesses of the program area you work in, while effectively understanding why each of you feel the way you do about specific aspects of the work being undertaken.

ABOUT ME

My **AIM** is to provide high quality professional counselling services, personal and professional development opportunities, and training support to promote overall wellbeing in a fair and just process.

My **VISION** is to encourage others to embrace their uniqueness and draw on their strengths to nurture the change they want in their lives.

My **VALUES** are based on respect, commitment, transparency and integrity.

I am a qualified Social Worker with many years of experience working with individuals and families across a broad age range and a variety of practice areas.

MY APPROACH

I have real world understanding of challenges faced by people of all ages. I utilise an integrative model of practice drawing on elements from a variety of theoretical approaches to suit the individual or multiple and complex needs of those I support.

I have a flexible approach to my counselling and support by bringing my services to you, in the comfort of your own home or at a place you feel most comfortable. I am also able to provide services via telephone, Skype, and/or email.

In all services offered, I focus on your strengths to build your capacity for the change you want, in a calm and reflective way. I acknowledge and appreciate our unique differences and the importance of open and honest communication.