



Shining Thru Counselling & Support Services

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PROFESSIONAL SUPERVISION

Do you struggle to find purpose in your work? Would you find it helpful to have some meaningful direction in your practice? Do you need to be critically reflective on the challenges of day to day work life balance? Have you considered a positive approach to professional development?

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

This is your opportunity to develop strategies for a positive work and life balance by exploring your needs, motivations, desires, skills and thought processes to make lasting personal growth and change. We would engage in a positive and an enabling process of discussion to reflect on your work practice.

Regular professional supervision is an essential method of prioritising your work to maximise productivity through review of your practice skills, and allowing identification of areas of work that require development. Critical reflection explores any issues or problems, in a safe and supportive way, to discover potential solutions and will enable you to become more self-aware.

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.