

When times are tough, sometimes friends and family aren't enough.

Professional counselling can provide a safe confidential space to talk through those issues you just can't share with anyone else, or that you know it's time to deal with. Things such as (but not limited to):

- ◆ *Abortion*
- ◆ *Abuse*
- ◆ *Anger*
- ◆ *Anxiety*
- ◆ *Bereavement & Loss*
- ◆ *Bullying*
- ◆ *Depression*
- ◆ *Loneliness*
- ◆ *Low Self-confidence*
- ◆ *Self-Esteem issues*
- ◆ *Relationship*
- ◆ *Work related issues*

**You are not alone... give us a ring on**

**Tel: 01792 828580**

**Or: 07722 288244**

**[www.athenacounsellingservices.com](http://www.athenacounsellingservices.com)**



**ATHENA**  
**Counselling Services**

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Athena Counselling Services Ltd.  
A Company registered in England and  
Wales. Registration Number 07774652



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## Counselling

Every person experiences change as they go through life. Sometimes things turn out differently from how we want them. Counselling is a way of helping you focus on your issues.

Counsellors are trained to listen in a way that helps you to focus, explore, make choices and work through difficult feelings or events. They can help you look at how you



relate to other people. You may gain a better understanding of yourself or situations.

You do not have to have counselling. It is voluntary and you can decide to end at any time.

You decide what you work with in the session. Art, play, creative writing, sand or stonework may be offered alongside, or instead of, talking. The counsellor's job is to listen, without judging you and to help and support the changes in thinking and behaving that you decide you want to make.

The counsellor will keep what you say private unless your, or someone else's safety, is at risk.

E.g. If you tell your counsellor that someone is abusing you, or you are hurting yourself, this might not be kept confidential. Your counsellor will talk to you about this in your first session.

Counselling can be just one session or many. This depends on you and your counsellor and what you need to talk about.

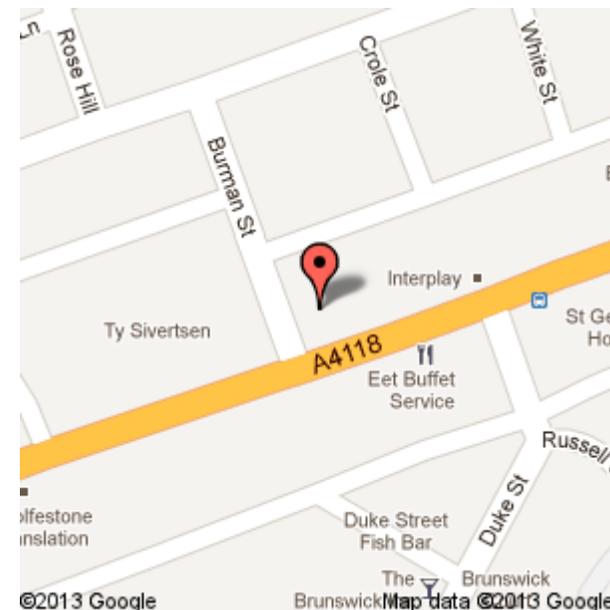


## Coaching

Feeling stuck in your life? Want to change and don't know how? Unclear about what you want? Willing to work on moving forward? Coaching is a developmental process that draws upon many tools and techniques. Your coach will guide and support you to getting clear about where you are now, where you would rather be and how to make the changes to get there.

Coaching is not for everyone and is not a replacement for therapy. If you want to do the work and build a new or better life, if you are committed to self-development and expansion — give us a call.

All of our counsellors and coaches are members of the British Association for Counselling and Psychotherapy (BACP) and work in accordance with the BACP Ethical Framework For Good Practice.



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