FreeAdsZ4.co.uk

Stress, anxiety, confidence and emotional issues

Location **South East, East Sussex**
https://www.freeadsz.co.uk/x-563885-z

I am a certified and insured cognitive behavioural coach based in Eastbourne. CRB checked.
If you are dealing with stress and anxiety, lacking confidence, behaviour and feelings taking over, life changing decisions, sexuality, substance and behavioural dependency, health issues, etc. then consider a talking therapy. I use cognitive behaviour, goal orientated, meaning centred or wellness/recovery coaching methods. Sometimes we can combine some or all methods to achieve a positive outcome. I see clients at my home or can arrange sessions elsewhere, some time and travel costs may have to be considered.
Sessions last between 60 to 90 minutes and most clients start to notice a difference after two/three sessions. I work in a relaxed and informal manner. Complete confidentiality at all times, complete respect and non-judgemental.
Affordable fees and initial assessment is free.
Group workshops and executive coaching available. Fee reduction for not for profit and charities.
Get in touch for a no obligation.

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