

“The most effective way to cope with change is to help create it.”

L. W. Lynett

Conveniently located on the edge of the city, with ample street parking and close to public transport.

Suzanne Doorakkers – Counselling & Consulting specialises in providing Counselling and professional supports tailored to your individual needs.

Appointments are by arrangement. After hours and Saturday appointments available.



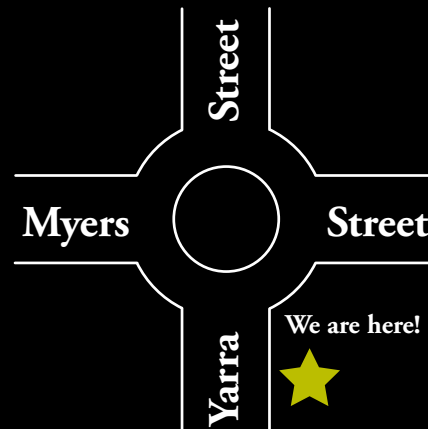
Suzanne Doorakkers

BA(sociology), BSW, MAASW (acc)

www.sd counselling.com.au

Suzanne Doorakkers

Counselling & Consulting



Counselling & Professional Support

132 Yarra Street, Geelong

Telephone: 5291 3220

Mobile: 0425 793 079

Email: info@sd counselling.com.au





I am a professional, registered and accredited counsellor. I work from the position that all individuals have strengths that with professional counselling, can help them to achieve personal satisfaction and happiness.

*Counselling is an investment
in your most important asset
YOU!*

What is counselling?

Counselling is an interactive process which builds a unique relationship that is confidential and objective. The counsellor acts as a facilitator to assist the client to understand their feelings, emotions, behaviors, relationships with others and how they feel about themselves. The goal of the counselling process is to help the client maximise their resources and develop a more fulfilling and positive life.

Many people do not seek counselling as they believe that they cannot improve on the way they are feeling or their direction in life. However, there is something that can be done and counselling can help you!



Counselling

Some of the areas I work with include

- Anxiety
- Depression
- Career stress
- Transition into residential care
- Assisting people with a diagnosis of terminal or acute illness; including Dementia, Stroke, Parkinson's etc...
- Injury, Illness and Disability
- Grief, Loss and Bereavement
- Self-esteem
- Life transitions
- Women's issues; empty nest, change of life etc.
- Re-entering the work force etc.
- Relationship and Intimacy issues
- Career and Employment

Professional Supervision

Professional supervision is a valuable, and often mandatory, professional support. External supervision allows professionals to clarify and resolve issues that arise from their work with clients and from within the workplace. Professional supervision deals with issues such as;

- Debriefing
- Career and goal setting
- Incorporating theoretical perspectives into practice
- Dispute resolution
- Traumatic incidents
- Stress and Anxiety

Management Coaching

I specialising in Health and Aged Care Coaching, for management and senior staff, who value self-improvement and strive to optimise their practice. Business coaching enhances work satisfaction, business outcomes, staff moral and quality assurance.

Please feel free to contact me to further discuss Management Coaching and how it can assist you and your organisation or business.

Appointments can be arranged at your workplace or our offices. Times and locations are negotiated on an individual basis.