

Thrive Collective Description

Job Title: Specialist Wellness Counsellor (SWC26/9219)

Listed Board: ASCHP – Association for Supportive Counsellors and Holistic Practitioners

Clientele: High school students, university students and adults.

Sessions: 60 minute online session via Microsoft Teams (In-person space coming soon!)

Rates: Standard Charge: R350 per 60 minute online session

Danville rate: R295 per 60 minute online session (approx 15% off)

Description:

I offer professional, supportive and holistic care and counselling to those who are looking for someone to journey with them in life's challenging moments. My role is to support and guide you as you process grief, rebuild identity, manage anxiety and overthinking, and navigate transitions and changes, or simply offer you a listening and empathetic ear. Improving and managing general functioning is also part of my role, such as enforcing strong boundaries, implementing grounding practices, and improving life skills like communication and decision making. My approach is designed to meet you exactly where you are at, and to journey together into a space where you can breathe and thrive again.

I also administer NBI Brain Profile Analysis, which is a neuroscience based assessment designed to unpack your thinking preferences and natural instincts. This in turn allows you to explore and improve your communication and problem solving skills, as well as how you make choices and function in your relationships. This is a great tool for students, couples and corporate teams, as you can begin to understand and maximise your brain and day to day functioning, as well as strive towards whole-brain thinking.