

FIRST STEPS FUNDING

goodTherapy Wellbeing Package for
the Business Owner /
Business Leader



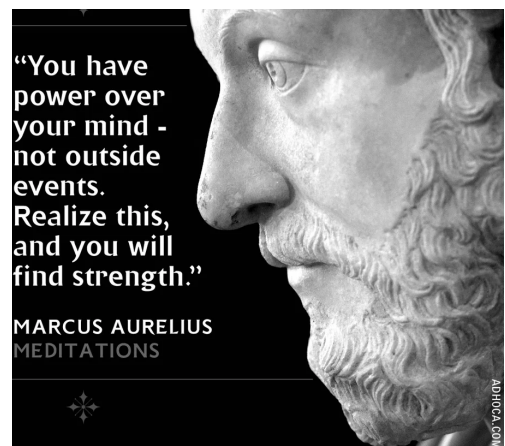
goodTherapy
HELPING LIFE GET BETTER

Recovering from & Coping with Stress In an Age of Uncertainty

Life is full of challenge; challenge never stops.

The best life skill we can have in the face of this irrefutable truth is to learn to deal with discomfort - both inner and outer.

The pandemic has brought with it unprecedented stressors, and may continue to do so. Given this, one of our best defences is to learn to befriend the nervous system so that we may be in the best position to deal with the challenges that will inevitably roll in as our collective futures unfold.



“Get comfortable with being uncomfortable.”

If you know that what's to come is uncertain, it not only won't bother you, you will come to relish it. A future you can't predict is central to keeping you learning and growing.

1 - Complimentary 30 minute consultation

All clients will receive a complimentary 30 min consultation prior to undertaking the sessions. From this session, a more detailed understanding of individual needs can be discussed and understood

2 - Package of Individual Coaching Sessions

Total Hours: 10 hours @ \$180 per hour = \$1800 (incl GST).

Each session will include some or all of the following as needs are identified:

- Check-in (can include karakia if required)
- Reflection on challenges encountered during 2021
- Meditation
- Breathing Exercises
- Applied Humour
- Polyvagal informed living & leadership
- Stoic Philosophy
- Compassion practice
- Realistic and achievable goals and aspirations

3 - EMDR trauma therapy (gold standard treatment for PTSD)

For some, the pandemic has meant that losses have been suffered and many individuals are still recovering from the stresses associated with these losses which can

Sessions available if required as part of (or in addition to) the above 10 sessions - \$180 per session.

About

The landscapes of our lives can sometimes feel littered with challenge & difficulty. I can walk with you as you traverse these places. It may be that you need me to bear witness to painful and difficult stories you may need to share. Our conversations can also be light, interesting, informative creative and fun. Often, most or all of these elements turn up at some point.

Together we'll look at how to create movement in the direction of a life you'd prefer to be living. My aim is that our conversations will be useful and beneficial for you! I'm known for being warm and easy to talk to - as well as being practical and pragmatic, and a passionate sharer of information and resources. I look forward to meeting with you.

Hilary Jackson

MNZAC

B.A. (Education)

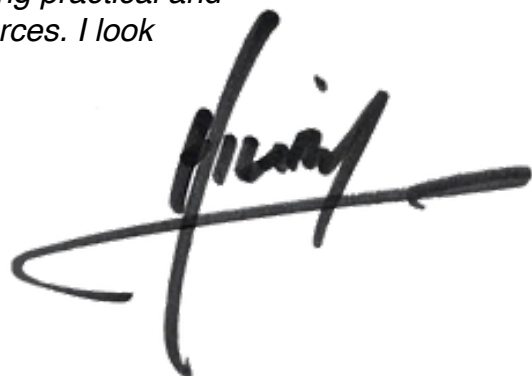
Grad Dip Psychosocial Studies

BHSc (Hons, first class) Psychology

PGDip Counselling

EMDR Practitioner

Supervisor



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