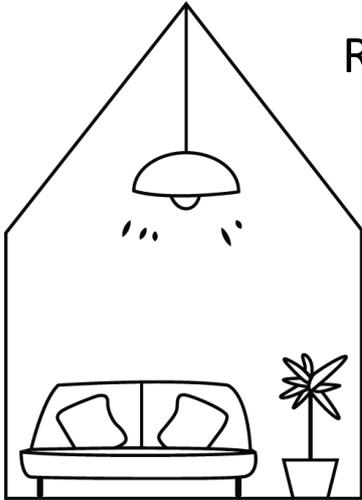


REAL THERAPY



Kerry Charlesworth

Psychologist

(Masters in Health Psychology (hon), PGDipHealthPsych)

I'm a qualified Psychologist specialising in Health and wellbeing. I have a passion for helping individuals holistic health, whilst also supporting workplace mental health, wellbeing, and cultivating team building and culture development.

I have expertise to provide support managing the following areas; Anxiety, Depression, Stress, Burn-out, Relationships, Couples, chronic pain, Chronic illness, Cancer-specific distress, Grief. I also have skills in teaching communication skills, managing confrontation, assessing and developing work place culture. It's a family affair- I work in collaboration with "Humming Bird" John Charlesworth who provides his experience (over 30 years) working with businesses, assessing and cultivating team building, work-place culture whilst running workshops for large New Zealand companies. The mixture of our expertise provides a business package that is bullet proof- so what are you waiting for?

Individual sessions 1:1

We offer individual sessions (60 minutes)- providing a safe, confidential space to talk. It can be daunting to talk with someone new- I pride myself in making the process comfortable and creating a safe space to talk. I understand every client is individual and I tailor my sessions accordingly- whilst utilising research based therapy.

My goal is always the same- for you NOT to need me! I use a mixture of providing an open and confidential space and practical strategies and tools to utilise at home. You may not need many sessions to see a big impact.

If you're unsure about what to expect I offer a free phone consult to meet and talk about any questions you may have about the process.

Cost: \$180 per session.

Location: Online (across New Zealand), In person for Auckland.

Workshop: Well-being and workplace culture combo

Join our team for an intensive half day workshop at Awa Tides (40 minutes outside of Auckland's CBD) *location may vary*. Maximum 10 people to ensure participants receive high quality guidance and support.

Cost: \$3,000 in total

Workplace Culture Assessment/ Private consulting:

Allow us to assess your culture, and workplace externally. This is often the only way of understanding your workplace culture and thus often a starting point to impact workplace well-being. Once areas are highlighted you may choose to use our team for a tailored workshop or consulting session.

Cost: \$2000 per day- cost is tailored to client needs.

OUR TEAM

John Charlesworth



International and New Zealand experience in leadership development and culture change, combined with extensive generalist HR skills.

Hummingbird Limited, a consultancy aimed at helping organisations develop their culture, their leaders and teams.

John's experience includes helping create a vibrant and highly successful culture at Air New Zealand over an eleven year period as a senior leader. Internationally, John has consulted for Quest Worldwide in UK, Europe and USA on large-scale culture change and performance improvement to companies such as Goodrich Aeronautical, TRW Automotive and Iceland Foods.



Kerry Charlesworth



Registered Psychologist with New Zealand Psychologist Board, working with individuals, couples, groups and organisations supporting mental health and well-being. Kerry brings her Psychology skills and expertise to combat work-place distress and individual's mental health, resilience and upskilling. Owner of Real Therapy- Kerry understands business and has worked alongside

Hummingbird assessing work-place culture. Kerry brings a fresh and modern approach to this work, and has a reputation for offering a safe space to talk.