



Personal Counselling with Erica Steele

Do you need help planning the next step in your career, business or strategies to manage issues and build confidence in your personal or professional life? I can help www.ericasteel.co.nz

Email: erica@ericasteel.co.nz Ph: 021 1774 232

- Practical, focused, empathetic, experienced – a fully qualified therapist and coach/mentor
- Excellent feedback and references
- Author of The Mentoring Handbook – a guide for mentors, proteges and organisations (used for national mentoring programmes and workshops in a wide range of industries)
- Free, no obligation 30 minute Introduction

I am based in Mairangi Bay, Auckland and am a fully qualified personal therapist and Member of the NZ Association of Counsellors since 2004. My style is empathetic and non-judgmental. I seek to keep sessions light, focused and practical, tailored to your priorities, needs and preferences. I can help you with:

Personal Counselling

- Personal/career change
- Self care, resiliency, mindfulness
- Motivation, compassion fatigue
- Stress management, trauma, managing anger, anxiety
- Building confidence and self esteem
- Grounding, inner strength and stability
- Managing burnout
- Forming positive habits
- Managing loss and grief
- Bullying, narcissistic abuse (presenter at Australasian Integrative Medical Professionals Conference)
- Dealing with major life changes
- Bereavement, spirituality
- Short Intervention Addiction Therapy
- Assertiveness skills

Mentoring and coaching

- Build coaching and mentoring skills
- Explore and effectively address issues
- Reflect to gain focus, clarity and confidence
- Strategise and take action
- Receive neutral independent feedback
- Feel less isolated and more supported
- Gain perspective, and resolve “blocks” to more successful performance and personal satisfaction
- Debrief from challenging situations.





ERICA STEELE
AND ASSOCIATES LTD

I work with a variety of people including CEOs, business owners, trades people, homemakers, artists, musicians, students from a variety of sectors including not for profits, engineering, IT, medical, elite sports and government. In addition, I offer leadership skills and mentor training.

Packages Available:

- **Full Career Development Programme** (10 hours over 6 weeks - 3 months) Full review of your life/career direction including a Professional Development Plan. Get back to YOU with focus, renewed self awareness and do-able strategies! Identify your drivers, key learnings, skills, development, vision and goals. Full details of this service will be supplied on request. \$2000.00 + GST including materials
- **Counselling/coaching sessions tailored to your needs.** Package of 6 hours @ \$200 per hour + GST = \$1200.00 + GST.
- **Counselling/coaching sessions tailored to your needs.** Package of 10 hours @ \$200 per hour + GST = \$2000.00 + GST

Online courses also available (may be delivered face to face when settings allow):

All about ME – refresh, renew, reset, connect. A fun, supportive, accessible journey back to YOU. One to one or small group delivery. A combination of peer mentoring and ‘tips and tricks’ for personal and professional wellbeing – to build resilience and self awareness, manage stress, deal with challenging communications, boundaries etc. Content will be tailored to the needs of the individual/group.

Groups of up to 6 (minimum 4): \$625.00 + GST pp per 4 hour session \$1150.00 + GST pp per 6 hour session.

Individual sessions: \$770 + GST (4 hours), \$1100 + GST (6 hours)

Assertiveness Skills

An accessible, easy way to check in with and build your assertiveness skills. This ½ day course includes a Needs Analysis, tips on how to deal with challenging people, common ‘tricky’ scenarios, an exploration of power dynamics, tips for communicating in sensitive situations, communication danger zones, how to prepare for a challenging meeting, self-care and verbal communication tips

Groups of up to 6 (minimum 4): \$625.00 + GST pp (4 hours)

Individual sessions: \$770 + GST (4 hours)

Mentoring and coaching skills and competencies

1 day (6 hours), online only currently, I will consider face to face when we’re in ‘green’ or subject to government advice. \$950 + GST pp (minimum of 6, maximum of 12 participants). Based on The Mentoring Handbook – a guide for mentors, proteges and organisations.



Resources:

6 Tips For Successful Career Change by Erica Steele <https://ericasteele.co.nz/resources/>
The Mentoring Handbook - a guide for mentors, proteges and organisations. By Erica Steele. This 286 page text has been used for nationwide mentoring programmes with government and the medical profession as well as shorter workshops for many industry groups and organisations. It is a user friendly 'dip in dip out' resource for modern mentoring 'on the run'. It is in book format only, available for NZ\$30.00 plus p+p. I can supply bulk copies at a discount. Email erica@ericasteele.co.nz

Managing stress and overwhelm. This excellent series of talks will help you to understand and manage stress and overwhelm. It's now available for 7 days free viewing: <https://parasympatheticsummit.com/>.

Starting difficult conversations

<https://www.rnz.co.nz/national/programmes/ninetoonoon/audio/2018815091/how-to-find-the-words-to-start-difficult-conversations>

Learned optimism: <https://www.verywellmind.com/learned-optimism-4174101>

The importance of 'alone time'. <https://www.verywellmind.com/how-important-is-alone-time-for-mental-health-5184607>

Mental health support groups in NZ: <https://mentalhealth.org.nz/groups>

Healing from abuse and trauma – for men <https://betterblokes.org.nz/>

Laughter and humor can be the best therapy too especially when traditional family and work has been so disrupted in recent times.

<https://www.youtube.com/watch?v=zYOylensN40>

I regularly post articles on LinkedIn

<https://www.linkedin.com/in/erica-steele-0a356b6/detail/recent-activity/shares/>

Have you worked or are working with the Ministry of Health? Yes, I worked with the Pasifika Medical Association on a Ministry of Health funded multi year mentoring programme for Pasifika medical professionals in NZ and in Pacific countries as well as High School students. I conducted participant training nationwide, The Mentoring Handbook which I authored was used as the text for this programme, I also advised and consulted on the Operations Manual. I have worked extensively with other Government agencies as I was based in Wellington for many years. This has included working politicians and Chief Executives.

I have also worked individually with a number of doctors working within the DHB system and in private practices (mentoring, coaching, personal counselling).

