



Jeannette Singer

Lifestyle & Wellness Coach
Grad. Dip. Counselling



COUNSELLING | COACHING | WALK & TALK | MEDITATION

PSYCHOSOCIAL SUPPORT FOR PEOPLE LIVING WITH DISABILITIES

Everyone deserves to live with respect, dignity and meaningfulness

Jeannette offers a unique integrative counselling, coaching and holistic mind-body approach. She has 20+ years experience supporting individuals, couples, children, teens and families with mental and physical health challenges, or disabilities, to achieve their optimal personal, social and emotional wellbeing.

Jeannette provides a safe, non-judgemental space that supports you to talk about your challenges, unravel your feelings, manage your moods and anxieties, change unhelpful behaviours and make healthier choices in all spheres of life – Health and Wellbeing, Lifestyle, Relationships, Work and Spirituality.

Her sessions combine three main elements; the deeper self-exploratory processes of counselling, the more action-focused coaching practices, as well as body-mind awareness tools and exercises. This makes them a uniquely compassionate, inspiring and practical support for achieving sustainable lifestyle changes, personal growth, and inner-settlement.

Jeannette can help you to:

- Express your concerns
- Learn practical tools for managing anxiety, depression & overwhelm
- Accept yourself & your circumstances
- Strengthen your personal capacity
- Develop & express your special abilities
- Improve communication skills
- Improve relationship skills
- Learn and trial new ideas & behaviours

A Client's Testimonial: "From the moment I met and began talking to Jeannette she won my trust. Jeannette is a caring, intelligent & warm person who is, in my view, an outstanding counsellor. I always felt much better after speaking with her and have learnt a lot about myself, along with tools to help me manage my lifelong disabilities and depression. I recommend Jeannette unreservedly." ~ C.J. – NSW ~

SESSIONS are available face to face in Mosman, Sydney and Nationally via phone and Zoom

WALK & TALK SESSIONS are in Sydney's Lower North Shore and Centennial Park or Nationally via phone and Zoom.

Contact

t: 0404 951 396

e: jeannette@jeannettesinger.com

w: jeannettesinger.com

