



Life skills and mindfulness coach

The world we live in today is characterised by stress, unrealistic demands and expectations of instant gratification. In these circumstances it is very easy to lose touch with ourselves, and become insecure and fearful. Sometimes this dislocation can lead us into the realm of unhealthy habits, which can initially feel like an aid in escaping these unhappy emotions. What starts off as an escape can end in compounding problems and making our lives totally unmanageable. Unhealthy behaviours can have horrible consequences in our lives, leaving us feeling empty, shameful and devoid of purpose or meaning. We can desperately want to come out of it, but we just don't know how.

Well the good news is: There is a path leading to joy and freedom, and I can encourage you to take your first steps. If you have stepped off the path, I can help you back on.

I focus on unravelling the circumstances that lead to these unhealthy behaviours and offer practical skills to use in your everyday life to gently regain your sense of self and get you back on your feet again.



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Unhealthy behaviours can take the form of:

- using alcohol
- using illicit drugs
- using prescription drugs
- food bingeing
- food purging
- undereating
- overeating
- self-harming
- over-spending
- compulsive money saving
- compulsive exercising
- compulsive gaming
- preoccupation with pornography
- preoccupation with sex and/or love
- preoccupation with social media
- compulsive gambling
- risk-taking
- codependency (unhealthy dependency on other people)
- working long hours
- creating chaos
- inability to manage stress

Consultation 1 hour = R550