

COUNSELLING

How do you know when you are ready for a private counselling/coaching session?

Ask yourself?

- Are you missing out on the real juice of life
- Do you sense you are self-sabotaging or blocked in some way?
- Do you feel haunted by a longstanding issue that just won't go away?
- Are your relationships not as real and fulfilling as they could be
- Do you feel flat, demoralised or unenthusiastic about your career?
- Do you sense there is some huge untapped potential just waiting to be expressed?
- Are you depressed?
- Addiction – narcotics, alcohol food disorder
- Image slimming, self worth self confidence
- Marital problems
- Are you suffering from Anger, resentment, sadness, feelings of lost
- Do you live in Fear
- Have no direction
- Trauma
- Molestation

If you answered YES to any of these questions then you are ready & it's time to book now for a private session.

One or more of your emotional blocks are blocked:

- Blame
- Depression
- Anxiety
- Resentment
- Indifference
- Judgement
- Indecision
- Procrastinations

You most probably suffer from one or more of the following feelings

- Anger
- Sadness
- Fear
- Frustration
- Disappointment
- Sorrow
- Worry
- Embarrassment
- Jealousy
- Hurt
- Panic
- Shame

Bibi uses some of the tools in her Workshops and counselling

- Meditation
- Stress release –deep relaxation
- Healing and forgiveness
- Writing exercises for healing and forgiveness
- Visualisation
- Change old memories re programming
- Neuro linguistic programming e.g. Belief Change, phobias,
- Action plan: Vision Quests, affirmations, Treasure map
- Working with clay, painting drawing, art therapy
- Creating your own Labyrinth – finger meditation
- Colour therapy
- Life skills e.g. communication, creativity and problem solving skills, self-concept, Developing Empathy, conflict management, countering prejudice and discrimination,
- Steps for confidence
- Motivational games
- Prayer, faith and forgiveness
- Breaking barriers
- Perceptions & beliefs
- Self-talk
- Self-esteem
- Comfort zones
- Goal setting
- Motivation
- Affirmations
- Secrets to creating an extraordinary quality of life
- Keys to change anything in your life
- Mastering your emotions
- Utilizing pain and pleasure to change your life
- Power of associations
- Power of your six human needs
- Power of Chunking
- Spiritual warfare
- Biblical, Christian counselling

How will a private session benefit you?

- It will help clear the emotional blocks, which have held you back from experiencing your highest potential
- It will give you step-by step tools to waken you're the potential inside
- It will open you into your own joy and freedom and will allow you to experience true fulfilment in your life.
- Get the passion back in your life.
- Find true fulfilment in your relationships

Contact her for a private consultation and Claim your life BACK!