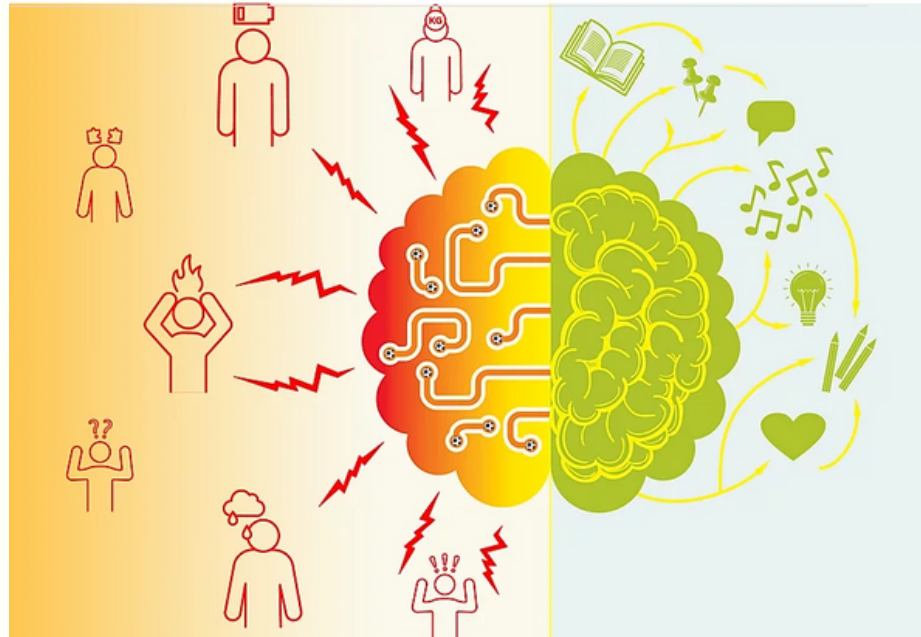


**FEELING STRESSED
IN THESE STRANGE
UNCERTAIN TIMES?**
...make some
time for you!



ZOE



MOIRA



1:1 TALK THERAPY OR LIFE COACHING SESSIONS

can be part of
your staff benefits
programme

- One To One Talk Therapy
- CBT (Cognitive Behaviour Therapy)
- Motivational Coaching
- Trauma Informed Therapy
- Employee Assistance Programme

If you want a session with one of us in particular, please specify in your email.

The service is completely confidential and can fit around your schedule. Zoe and Moira are registered professional therapists. We can work virtually on Zoom or phone at this time. Whatever issues you are dealing with, knowing when you need help is sign of strength.