

# STRONG FOUNDATION COUNSELLING



Increase your skills for a  
life of adventure!!

Support and coaching for 18-25 year olds.

Develop your toolbox for living a resilient life.

**Young adulthood** is a time of Experiencing what is on offer in life, Exploring your identity and Starting out on a steep learning curve. Experimenting and trying things out comes with the potential for enjoyment and the inevitable joys and sorrows that adventure brings.

**Resilient Adventuring** requires careful thought and preparation which often gets missed when entering into a world geared for maximum proficiency and productivity. Taking time to reflect and discuss the way you 'meet with' the world and its demands brings focus to YOU and how to fulfil BOTH the world's expectations of you and your own HOPES, DREAMS and ASPIRATIONS.

**Strong Foundation Counselling** is tailor made counselling and coaching with a clear focus: to help you to **heal from past and present struggles**, to increase your ability to be **self aware** and to develop your **resilience and self confidence**. We talk about your personal skills and knowledges that have helped you to come this far in your life and explore other skills useful when undertaking the challenging adventure that life can be.

your life is waiting to be discovered!

**Daphne** is an empowering, experienced, fully qualified counsellor who provides a trusting, safe and confidential space where personal exploration is the focus (with a good dose of humour and playfulness). Daphne starts *just* where you are on your life adventure and helps you to build and sustain your motivation for personal growth. She has been supporting young people for over 30 years by helping them to:

- ★ Obtain clarity and acknowledgement for the values that they hold.
- ★ Develop effective interpersonal and communication skills (including managing conflict-at work and study).
- ★ Access and develop their personal style or key characteristics and personal creativity.
- ★ Build the foundation for responding to the world rather than reacting with later regret.

**CONTACT DAPHNE on 0404 014 343 or [info@resilienceproject.com.au](mailto:info@resilienceproject.com.au)**