**CHOICE THEORY**

**LIFE & RELATIONSHIP COACHING**

**Why Choice Theory Life Coaching?**

Despite our huge advances in technology, in medicine, we can all struggle at times with the challenges life throws at us. We do the best we can with what we know to manage these challenges.

Sometimes we just need to be heard and helped to find what we can do to be more in charge of our lives. We all would like to lead happier, healthier, more effective and fulfilling lives and be the best we can be.

Sometimes this involves learning how get along better and improve our relationships with the important people in our lives. And sometimes this also includes improving our relationship with ourselves.

**My Approach**

My approach is based on the psychology of *Choice Theory®*, a model of how our internal control system works. I use a conversational approach based on this psychology of personal freedom and a process known as Reality Therapy.

While this is the foundation of my practice, what I do also aligns with a variety of other approaches and modalities.

**How much does it cost?**

$95 for a 1 hour session. (or $150 for a 2 hour session if requested)

Full payment required on the day of consultation.

**Payment options**: cash on the day/ EFTPOS/ EFT