



THE MIND
MANUAL

Empowering Minds Enriching Lives

Break free from painful patterns, heal from past traumas and re-define what's possible.

Step into your next evolution with tailored tools & personalised support to create a life you love.

A new multi-dimensional service & delivery model for your mind & life.

Areas of Interest: Depression, Anxiety, Trauma, OCD, Grief & Loss, Stress & Burnout, Confidence & Self Esteem, Relationships & Connection, Business Coaching, Health & Wellness with special interest in Weight Loss & Digestive Disorders.



Services



Private 1:1 Sessions

Whether you need a counsellor, coach or mentor, it's your time for some deep, focused attention on your unique journey.

Choose any area, any format (in person or online) & let's get to work.



Weekly Drop-in Sessions

Group teaching and coaching sessions. Drop in to troubleshoot with a counsellor or coach, & keep it anonymous or not. Learn & grow at scale from others' challenges & experiences.



Q&A Coaching Forum

Daily access to a written Q&A coaching forum. Submit your question & receive a personalized answer from a qualified and registered counsellor, coach & mentor. Great questions transform.



Courses & Community

On demand psycho education lessons, courses & resources with new monthly updates. Grow alongside other like minded people who want to explore, expand and evolve. Share in the trials and triumphs as we navigate through life.



Free initial consult

Try before you buy & know for sure. Visit the website to book in your free initial consultation.

Choose from a casual pay as you go (PAYG) option at \$129 per session either in person or face to face on zoom OR

Commit to a 12 month journey for \$66 per month (around \$15 per week) and receive all of the benefits listed above.

✓ Discover Clarity ✓ Embrace Growth ✓ Find Balance

Contact Me



0472 863 729



55 Bathurst Rd, Orange NSW,
visiting or online from anywhere



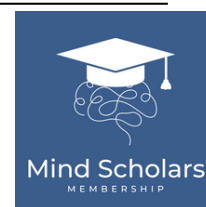
themindmanual.com



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EXPLORE EXPAND EVOLVE

MIND SCHOLARS MEMBERSHIP



Personalised Support. Profound Insights. Lasting Change.

24 x 30 minute private 1:1 sessions or 12 x 1 hour long back to back or any combination taken at a time that suits you.

- Deep, focused attention on your unique journey
- Tailored strategies for healing and growth
- A safe, judgment-free space to express yourself.



Regular Check-In's. Shared Insights. Real support when you need it most.

Join our weekly drop-in group coaching sessions on any topic & experience the power of working with someone who's always in your corner. Keep it anonymous or not, create a safe space your way. Enjoy daily access to a written Q&A coaching forum, led by qualified counsellors.



On-Demand Support Anytime, Anywhere

Gain unlimited access to a growing library of on-demand lessons, interactive classes, and guided programs—each designed to support your journey toward a fulfilling life. Led by qualified & registered counsellors, these resources provide practical insights and strategies you can apply immediately.



Affordable. Flexible. Accessible.

Commit to a 12 month journey & enjoy 12 easy monthly instalments of \$66/month (around \$15/week) for optimal health in mind, body and spirit. When you're ready to go all in and transform your mind, body and life.

About Melinda: Melinda King is a registered practising counsellor with the Australian Counselling Association. Other qualifications include Business degree (Acc), Graduate Certificate & Graduate Diploma Counselling, Masters Counselling (2025), & Functional Medicine Practitioner (2025). She is deeply empathetic, uses a wholistic framework and tailors the session to what is needed in the moment for the client. She draws on a wide range of evidence based therapies which include Cognitive & Dialectical Behaviour Therapy (CBT & DBT), Solution Focused Therapy (SFT), Acceptance & Commitment Therapy (ACT), Existential Therapy, Person Centred Therapy (PCT), Exposure Therapy (ET), Narrative Therapy and Mindfulness Based Therapy. She works in the areas of depression, anxiety, OCD, trauma, grief and loss, stress and burnout, relationships, self esteem, self confidence, business coaching, weight loss and health - with a special interest in the gut microbiome, digestive issues & autoimmunity.