

LIFE COACHING with CHOICE THEORY and REALITY THERAPY

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 and be as mentally healthy as we can be.

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

Sometimes this involves learning how to 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, behaviour control system works. I use a conversational approach based on this psychology of personal freedom using a process for positive change known as Reality Therapy. This process can assist in finding your solutions to your current challenges, improve the Quality of your life and mental health no matter what your circumstances.

While Choice Theory is the foundation of my practice, what I do also aligns with a variety of other approaches and modalities (such as CBT, ACT, Positive Psychology).

How much does it cost?

Although my maximum charge is \$50 per hour session, this can be negotiated to what you can afford as I believe that your access to learning how to improve your relationships should not be dependent on your capacity to pay.

Full payment is requested on the day of consultation.

Payment options: cash on the day or EFT preferred.