

# Sandy Loyall

*Counsellor and Mental Health Educator*

## You're in Safe Hands!

With a *Graduate Diploma in Counselling* from the Australian College of Applied Psychology, a *Bachelor of Education* from Melbourne University and sixteen years as a volunteer Crisis Supporter on the phones at *Lifeline Australia*, Sandy brings a broadly based yet simple approach to mental wellbeing.

Her varied background also includes living in the USA as a foreign exchange student (12 months in Minnesota) and as an expatriate (4 years in Connecticut).

## Happy Individuals Make Happy Couples

Since experiencing the effects of chronic illness, infertility, infidelity and divorce, her calling (and passion) has been to help couples bend, rather than break, when times are tough.

## Pain is Pain!

With a history of long-term anxiety and depression, including thoughts of suicide, Sandy has some understanding of what you might be going through...

*"Suffering is not good for the soul, unless it teaches you how to stop suffering. That is it's purpose." Seth*

What Sandy has learned is that the quality of one's life is determined by one's *relationship* to one's own thoughts and feelings, and... one's understanding of how connected we always are to the people around us...

## You Can Never Be Broken

Utilising a unique mind-body-spirit approach called the **Three Principles**, which is based on innate resilience, wisdom and the important role of "Thought", "Consciousness" and "Mind" (as taught by Sydney Banks), Sandy also knows that human beings can *never* be broken. You'll come to see yourself in a whole new way!

Nowadays, Sandy loves working collaboratively with folks to help them create the lives they've imagined. Her thirty years of training, education, work and life experience have given Sandy an intuitive edge, resulting in both a friendly and powerful experience for her clients.

### Sandy's Free Offer

To see if you and Sandy are a good match, she would like to offer you One FREE 90 Minute Coaching Session (valued at \$175). From there, you'll decide whether a 3 month, 6 month or 12 month coaching package might best suit your needs and vision.

Contact Sandy Now

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