

TRIZA WAIGANJO

COUNSELLOR



ABOUT ME

I am a Christian counsellor dedicated to providing compassionate and effective counselling services to individuals, couples, children, young people and families from diverse backgrounds facing various life challenges. I am passionate about helping people overcome and gently navigate difficult issues or challenges in a safe space allowing positive changes to take place without judgement.

AREAS OF EXPERTISE

Family Counselling

Addressing conflicts, improving communication, and fostering healthy relationships within the family unit.

Relationship/ Personal

Issues:

Assisting individuals in navigating challenges in relationships and day-to-day life.

Specialised Areas of Focus

Assisting individuals in other specialised areas such as parenting, depression, anxiety, NDIS, Aged Care, general carers, pre and post-natal issues.

Child & Adolescent Counselling:

Supporting young clients through developmental transitions, behavioural issues, and emotional struggles.

Marriage Enrichment:

Providing tools and strategies to enhance marital satisfaction, resolve conflicts, and deepen emotional connection and intimacy concerns.

LET'S WALK TOGETHER

Get in touch to book your session today. Whether you prefer to meet in person, online or simply talk over the phone- I'm happy to make it work! Start your journey of empowerment so you can overcome obstacles, discover your strengths, and cultivate resilient relationships that honour God and reflect His love.