



BIO

Have you ever thought you knew where your life was going until something unraveled you? This happened to Helen after she lost her son in a tragic motorbike accident in 2012.

Helen changed careers to become a qualified counsellor and transformation coach after her loss as it was a field of work that resonated with her. She had struggled with mental health throughout her life after experiencing extensive childhood trauma.

Helen's mission is to help people see that life does not end with a diagnosis! With the right support, you can still achieve your goals and dreams

Today, Helen has her own online transformation coaching and counselling support service that provides individual or group skill training sessions that helps the participant to master their own triggers or self-sabotaging behaviours that prevent them from achieving their own personal goals and living a more empowering life that is filled with strength and resilience.

Helen's book shares her story of surviving grief and trauma and how she finally learnt to use intuition to guide her pathway forward and to finally see her truth.



Helen Day

Qualified Counsellor, Transformation Coach & Best Selling Author

Providing individual or group online transformation coaching & counselling support

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SIGNATURE TALKS

Overcoming Grief & Loss - how to heal from anger, guilt & loss to find total peace & clarity

Nurturing the Child Within - establishing a new foundation of self-love and self-esteem

Breakaway from Imposter Syndrome - breaking free from self-doubt and learning to discover the true you

Prince Charming and the Narcissist - stripping back the charm to see what really lies within

Rise Above Victim Mentality - developing strength to reach the consciousness level and establish inner integrity

From Trauma to Triumph - learning to master your triggers and be in control of your emotions

PROFESSIONAL SERVICES

Transformation Coach and Counsellor

Grief & Loss - 6-week online coaching sessions

Individual Online Counselling Support - 60-minute online session

Stop Self-Sabotaging Behaviour - 3 or 6-week online individual coaching

From Chaos to Clarity in 4 Steps - 27-week online group skills program based on Dialectical Behavioural Therapy (DBT) techniques.

Financial Counselling - Counselling support for gambling addiction or to help you stay on top of your debts and maintain peace of mind.

Mental Health Advocate

QUOTE FROM THE BOOK:

"I am who I am today because of where I have been."

- Helen Day, Author

International Best Seller on Amazon

