



# TANIA GORRY

## COUNSELLOR & COACH

Tania is a Coach, Trainer & Counsellor with significant experience in helping people improve their mental health. With the ability to draw from her own lived experience, Tania's approach is empathetic, compassionate and non-judgemental.

With Tania you can:  
Understand your behaviour and the behaviour of others. Change behaviours that are no longer serving you. Develop tools and strategies to cope. Improve communication and interpersonal skills. Build boundaries and manage difficult relationships. Increase self esteem, problem solving skills and more!

### HERE ARE SOME OF THE AREAS THAT I CAN HELP YOU WITH:

- Improving your mental health.
- Increasing your sense of wellbeing.
- Individual counselling, mindfulness and self-care.
- Psychosocial recovery coaching, grief & loss support.
- Trauma recovery (eg DV, PTSD or ACES).
- Separation & divorce care.
- Relationship & parenting strategies.
- Support regarding legal stresses & family court.
- Small business coaching & consulting.
- Workshop facilitation.


### WHEN YOU COME AND SEE ME YOU WILL:

- Identify your needs and wishes at the forefront of each session.
- Have a safe space to process difficult emotions.
- Overcome limiting beliefs.
- Manage stressful situations.
- You may notice reduced stress and increased resilience.
- Receive person-centred and trauma-informed support.
- Receive information and referrals as needed.



**Book online now!**

 [www.wholewarriorsolutions.com.au](http://www.wholewarriorsolutions.com.au)

 0401 503 477

 [hello@wholewarriorsolutions.com.au](mailto:hello@wholewarriorsolutions.com.au)





## CAPACITY BUILDING FOR INDIVIDUALS

SIGNATURE LIFE SKILLS COURSE



### WHOLE WARRIOR 1:1 WORKSHOP:

These training modules will develop capacity for activities of daily living & increase wellbeing. Our experienced coach and workshop facilitators will provide person-centred and trauma informed psycho-education via 1.5 hour weekly sessions over 12 weeks. Modules include:

1. Self-awareness & attachment styles.
2. Understanding grief & loss.
3. Coping in a crisis & recovery planning.
4. Mindfulness - overcoming worry, rumination & reducing the impact of anxiety and depression.
5. Understanding relationships & making friends.
6. Communication styles & boundaries.
7. Stress, emotions & self-regulation.
8. Self-esteem & self-care.
9. Dealing with government agencies including child protection, justice, corrections & providers. Preparing for successful child contact visits.
10. Budgeting for success.
11. Protective behaviours & consent.
12. Vision board & future focus.
13. Or a tailor made module for you!


### WHAT WARRIORS WILL GET OUT OF THE 12 WEEK WORKSHOP:

- Develop essential life skills.
- Self-awareness & improved self-regulation of emotions.
- Understand where you are on your grief & loss journey.
- Overcome limiting beliefs.
- Manage your money & feel in control.
- Learn how to work with government agencies & get positive outcomes.
- Improved relationships.
- Improved communication.
- Learn coping strategies for trauma, anxiety & depression.
- Reduced stress and increased resilience.
- NDIS self or plan managed, or private funding welcome.
- Workshop investment: \$3,491.82
- Initial assessment additional
- Add on counselling sessions towards your breakthrough
- Develop a future focus & manifest your dreams - Priceless!



## Book now!

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## SERVICES



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