

Life can feel especially heavy when you're carrying the needs of others on your shoulders – whether you're standing at the front of a classroom, cradling a newborn at 3am, or trying to be strong for a child who's struggling. Maybe you're feeling stretched thin, exhausted by expectations, or unsure how to find space for yourself in the middle of it all. Perhaps your child is navigating anxiety or school pressure, or you're facing post-natal challenges you didn't expect. Whatever your story, you don't have to figure it all out alone.

I offer a warm, non-judgemental space where you can pause, take a breath, and work through life's challenges at your own pace – whether you're looking for support for yourself or your child. My therapeutic approach is grounded in Narrative Therapy, Acceptance and Commitment Therapy (ACT), and Person-Centred counselling. These approaches help us untangle the stories we live by, reconnect with what matters to us, and find gentle, practical ways forward – even in the midst of overwhelm.

While I work with people living all kinds of stories, I have particular experience supporting:

- Educators managing stress, burnout, and the emotional demands of their role
- Parents, especially those adjusting to parenthood or experiencing post-natal depression and parenting worries
- Children and young people facing anxiety, low confidence, identity questions, or school-related pressures
- Students feeling the weight of exams or academic expectations

Therapy with me is a collaborative process. We might explore the stories you've come to believe about yourself so that we can consider together which narratives still serve you and which are less helpful. Sometimes it's about having space to reflect on what's happening for you. Other times, it's about finding strategies that help you get through the day with more ease. My aim is always to meet you where you are, with empathy and understanding.

I work remotely, offering secure video or phone sessions, so you can access support from home – or wherever feels most comfortable for you. I appreciate that flexibility is especially helpful for busy parents, teachers, or those juggling multiple roles.

Alongside my counselling work, I'm a lecturer in Childhood Studies, with over ten years of experience of supporting educators and students, and teaching in areas such as development, self-esteem, and counselling. I hold a PhD in Education and an MSc in Counselling, and I bring both academic insight and real-world understanding to the therapy space.

I'm an Accredited Registrant of the National Counselling and Psychotherapy Society (NCPS), which means I've been recognised as a safe, ethical, and competent practitioner. Your wellbeing and trust are at the heart of everything I do. Whether you're seeking short-term support or a space for longer-term reflection and growth, I'm here to truly hear your life story. When you're ready, we can work together to make sense of what you're facing and take steady steps toward a calmer, more connected, and more fulfilling life.