

Counselling Services Ethos

We partner with you to understand what it is that anchors you, drives your passion, your commitment, your future. We merge this with proven psychometric instruments to plan a way forward that is unique and adaptable to who you are, and where you are going.

Our counselling partnership with you is based on decades of counselling and psychometric assessment, along with a robust knowledge of people and work. Whether you are just starting out, or need to re-focus and find meaning again, we are here for You.

All counselling services are offered by trained, experienced and registered Psychologists.

Core Counselling Services

Work Stress & Coping

- Manage interpersonal conflict
- Achieve work-life balance
- Manage work stress & demands
- Learn to apply coping strategies
- Deal with job loss/ sudden job shifts/need for career change

Personal Mastery & Self-Worth

- Build your leadership capacity
- Develop your resilience
- Learn to apply your core psychological strengths
- Find focus, purpose and career drive

Work Efficacy

- Explore & improve performance at the normative, experiential & phenomenal levels
- Harness micro, meso and macro aspects of work dynamics
- Bridge the gap between 'us & them' move from 'me-ness' to 'we-ness'

The Self-and-Work

- Bridge the gap between unconscious motivation and conscious action
- Develop healthy work-home interaction boundaries
- Discover, comprehend and overcome sources of work-and-personal anxiety

Rates & Payment Plans

Normal Rate for 60-90min Session

R750.00

Sliding Scale Rates

R625.00 per session for 5-8 sessions

R595.00 per session for 8-10 sessions

All Sessions Inclusive of:

Basic psychometric instruments & interpretation
*If desired/required

Locations

On-Site Assistance

Online

Face-to-Face

Bookings & Information

email: kevin@psyqconsulting.co.za
Call: 082 814 6516 (Kevin Jooste - Principal Psychologist - psyQ Consulting)