



HOLISTIC LIVING COUNSELLING AND LIFE COACHING

Relationship Support For Yourself and Others.

Life can be difficult, challenging, even depressing, which could be looked upon as being a good sign. Yes, it can offer opportunities to become empowered, for as we are stretched and deal with issues that arise, we grow. It can help to turn to a professional when you feel the need to seek guidance and find a way of coping, a new perspective. Mostly you will be assisted, empowered and able to find your own answers. Call me if this feels like you!

Stressed, Depressed, Relationship Issues?

Holistic Living Counselling and life coaching helps you with all these things. We all could do with someone to lend a listening ear, helping with an unbiased attitude and to be there for us. Generally we know what to do and have all the answers within, waiting to come out with some guidance. If this is you, please phone and book a counselling appointment. Alternatively contact me for a free 15 minute telephone mini session as outlined below.

About Your Counsellor

For more than 10 years I have been helping people overcome stress through Laughter Yoga and personal growth classes and love to connect and interact with people. For more details, qualifications and services, see over page.

Free Telephone 15 Minute Mini Session

Do you prefer to phone and discuss your needs before having a counselling session? Then either call me, Lynette on **0425 799 258** or email the address below for a suitable time.

lynette@laughterforliving.com.au
www.laughterforliving.com.au

Laughter Yoga

Laughter is the best medicine and proven to assist people with stress, health, emotional and psychological issues. Individual and group Laughter Yoga counselling sessions are available.

Resources For Spiritual Growth

Have you had a spiritual awakening yet wish to work on your own? I have documents which I am willing to share by email with you, such as Energetic Hygiene, Cord Cutting and Daily Affirmations. Be self empowered and begin with a slow and gentle approach, working at your own pace. There is no obligation.

List of Services

Wellbeing

- ♥ Holistic Living Counselling
- ♥ Mentoring, Life Coaching
- ♥ Laughter Yoga

Healing

- ♥ Chakra Balancing
- ♥ Crystal Healing
- ♥ Qi Gong Healing

More About Your Counsellor, Lynette Mitchell

I am a wife, mother, grandmother and great-grandmother and live a useful, well-meaning life full of purpose and possibility. My knowledge, intuition, wisdom and own life experiences help those who turn to me for assistance, which in turn brings me joy and satisfaction. I am creative and receive drawing lessons, usually about animals as I am a major animal lover. Ten years ago I started the free community Ferntree Gully Laughter Club which keeps me involved with the laughter movement. There is gratitude in being who I am and another aspect is expressing strong organisational skills within the community. I volunteer my time through administration and technological support, as I hold high the ideals of belonging, uniqueness, self worth and authenticity.

Qualifications

- ♥ Diploma in Holistic Living Counselling
- ♥ Certificate IV in Mentoring and Coaching
- ♥ Laughter Yoga Teacher
- ♥ Certificate IV in Assessment and Workplace Training
- ♥ Qi Gong Healing
- ♥ Reiki II
- ♥ Certificate of Crystal Therapy
- ♥ Kinesiology—Touch For Health IV

Contact Details:

Lynette Mitchell

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