

ANCHORING *your life*

Counselling



Strong relationships
don't just happen.

*They're built with
support, understanding
and the right tools.*

A focused start can create
lasting change.



Rebuilding connection.
Creating a future together.



COUPLES **START UP** PACKAGE

A comprehensive, personalised approach to understand,
reconnect and move forward—together.

A 5-STEP PROCESS DESIGNED FOR DEEP INSIGHT & MEANINGFUL CHANGE

1



COUPLES SESSION

We explore your
relationship story,
concerns, strengths
and goals together.

2



TWO INDIVIDUAL SESSIONS

Each partner has a
safe space to be
heard and reflect
on their experience
and needs.

3



RELATIONSHIP QUESTIONNAIRE

You'll complete a
research-based
questionnaire to
gain deeper insight
into your relationship
patterns and
dynamics.

4



RECOMMENDATIONS SESSION

We come together to
review the findings
and create a clear,
personalised plan
tailored to your
relationship.

5



TAILORED RESOURCES & PRACTICAL SKILLS

Receive customised
resources and proven
strategies to help
you build connection,
communicate better
and grow together—
in your own time.

FLEXIBLE OPTIONS TO SUIT YOUR NEEDS



Online Counselling
FROM ANYWHERE IN AUSTRALIA
Convenient, private and
accessible from the comfort
of your own home.

OR



In Person Counselling
AT MY REDLANDS OFFICE
A warm, welcoming space
designed for connection
and meaningful change.



INVEST IN YOUR RELATIONSHIP. *You're worth it.*



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— ACA REGISTERED COUNSELLOR —



Evidence-based. Compassionate. Tailored to you.

