

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.



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.



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ACA REGISTERED COUNSELLOR