

and you still feel like you are numb inside or not enough because societal expectations place this burden squarely at your feet.

Dealing with these stressors can be challenging even for the toughest of men. Together we can look at new ways you can find new meaning for your traumatic life events while learning how to develop resilience, and to safely express yourself so you can get your needs met and also ensure that your relationships are connected and meaningful. A win/win for your missus and you!

#### **Areas we can work on**

*Abuse · Addiction · Aging · Anger Management · Anxiety · Chronic Fatigue · Conflict Management · Couples Counselling · Dealing with Health Issues · Depression · Effective Communication · Grief · Psychosomatic Complaints · Weight Issues · Smoothing Life Transition or Direction · Stuck-ness in Life (Personal Development) · Trauma · Stress Management · Love, Sex & Relationship Issues · Suicidal Thoughts · Success Management · Workplace Issues · Worries*

#### **Schedule of Fees**

Please download the *Meet Your Therapist* brochure to learn more about our fees on our website under the **Bookings** tab.



Check for Nicolette's availability via the website [www.nicoletteward.com.au](http://www.nicoletteward.com.au) using the **Book Now** button.

- Free 15 Minute Phone Consult
- Low Rates
- Flexible, Early & Late Appointments
- Online Appointments Available
- In Person Appointments Available
- Private & Confidential
- Homely Setting - Warm & Welcoming
- Bathroom attached to room
- Air Conditioned

3 Narelle Crescent, Rochedale South  
PH: 0417 435 029  
[www.nicoletteward.com.au](http://www.nicoletteward.com.au)

*Nicolette Ward*  
COUNSELLOR



*Let's do this together*

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# Meet your Therapist

## What is Holistic Couples Counselling?

Holistic counselling uses a diverse range of tools, techniques and connections beyond that of the physical that support your quest for wellness. These include working with all aspects of your being, and the systems you are connected to.

In this approach, we recognise every single part of you, and the web of relationships in which you, as a person, are embedded into. Think of a drop of water in a pond - one drop impacts every other molecule of water in that pond. In this way we work with you and your systems holistically, knowing that the work you do in counselling with Nikki impacts not only you, but your family and all the systems you are connected to.

For this reason, we use our tools and techniques very carefully and with marked accuracy, much like a skilled archer shoots an arrow straight to a bull's eye on a target. Everything we do in session is for a reason so that it draws out the best result for you - nothing is haphazard. This means your sessions with Nikki don't go on endlessly - you find your way, then you go on your way, feeling empowered and enlightened about the book of YOU.

The only thing we ask is that you pay it forward to someone else who may need access to a similar service!

## Nicolette (Nikki) Ward

BA (Psychology)  
Dip. Holistic Counselling  
Gottman Couples Therapist  
Mental Health First Aider  
Blue Card  
Kahuna Massage Therapist  
Professional Facilitator  
(Family and Organisational  
Constellations)



Nicolette counsels from her cosy home practice on Brisbane Southside. She does online and in-person counselling.



Online counselling can be as effective as in-person counselling, if done right. This can be very useful if you and your partner live too far away, or cannot make it to my practice on the day. Its very flexible, we can do a Zoom counselling session at any point in your counselling journey. It's really easy - all I do is send you a link for you click on and voila!

To make your appointment, please visit my website and use the BOOK NOW button to select an online session.

## Individual Counselling for Women

As a woman, you may be under enormous pressure to fulfil a multitude of roles in all aspects of life, i.e. in all your relationships, both private and public. Not only that, you are expected to do it looking fabulous and unflappable!

If you are already experiencing stress as a natural by-product of life, and you still find, in times of difficulty, when you are often left literally 'holding the baby', that naturally you fall apart, or feel drained and weakened, then it is time to come and do some self-care, and the good work that our sessions can offer.

It may be time to seek support and strengthening strategies to enhance your ability to *thrive* despite the demands placed on you. Together we can explore your options to best empower you to live the life you feel you deserve.

## Individual Counselling for Men

You, as a man, are called into being a provider, protector and pillar of strength for your family, All the while, you too, are expected to do this without fear, or anxiety, *and* look 'strong' at all times.

From an early age, you are taught to hide yourself behind a poker face, and to show only on the outside, that which you want the world to know about you. You already know that this censorship often means you 'containerise' or shut yourself down to anything that threatens that tough exterior,

LGBTQ Friendly.

3 Narelle Crescent, Rochedale South 4123 Mobile: 0417 435 029 [nicoletteward.com.au](http://nicoletteward.com.au)