

Footsteps Counselling Leeds

Reflect Recover Refocus

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The gym is for a healthy body. Therapy is for a healthy mind.

"Many thanks Anne, with your help & direction this has been my best year. You really have made such a difference in my life."



I am an Accredited Counsellor/Psychotherapist with over 15 years experience. I offer CBT/Person Centred counselling in my consultation room in Leeds City Centre. My service is professional and confidential as set out by the national guidelines of the BACP. This includes professional indemnity insurance and enhanced DBS check. I am committed to helping clients work towards a more successful way of living.

I have gained valuable experience working with charities for 10 years, Samaritans, Cruse Bereavement Care, Gamcare. I currently work as an associate Counsellor for AXA PPP healthcare, Capita Health and Wellbeing EAP and Help Employee Assistance (Leeds City Council) and Compsych. I am a BUPA consultant, Nuffield Healthcare emotional wellbeing therapist with private clients from BBC, ITV. I am on the trauma register for AXA and can be called up at short notice to attend offices, hospital, etc to provide on-site services after sudden death and terrorist attacks.

NHS waiting lists 6months - sessions available for you now.

Staff Support

In the UK last year, 10.4 million work days were lost to sick days, costing businesses over £8 billion. Research has shown that organisations who have commissioned employee counselling services have reaped the benefits of higher motivation and morale, reduced absence, improved productivity and a reduced likelihood of the incidence of future claims for negligence.

A workplace-focused programme can assist in the identifying and resolving employee concerns, which may affect performance. This approach provides short-term, solution-focused counselling to assist employees in identifying the problem and developing a practical plan of action for resolving it, and is used effectively to treat a wide range of occupational and domestic stress related issues. Every client receives the highest professional service that is ethical, confidential and safe.

Employee concerns typically include:

- Personal matters - health, relationships, family, financial, emotional, stress, anxiety, addictions, birth, bereavement
- Work matters – work load stress, working relationships, harassment and bullying, disciplinary & grievance procedures, work/life balance

A telephone call to HR can often be an important first step for many employees seeking advice and support. This support gives individuals the opportunity to discuss and explore their problems in complete confidence with an experienced, empathetic, professional. If on-going support is required, face-to-face sessions are available at my consultation room in Prospect House between 10am and 8pm, or Skype, telephone counselling can be conducted from the comfort of your own home. There are no travel time and no travelling costs which makes it easier to fit in with busy work or domestic schedules.

Having access to a counselling service can have a dramatic impact on positive work effectiveness and can contribute to 'significant improvements in most attitude-to-work factors such as skill use, job demand, clarity, feeling valued, interpersonal contact, competence, and job satisfaction.' (Firth-Cozens & Hardy, 1992)

Employers have a legal 'duty of care' to demonstrate concern for employees physical and mental health. It is a key factor to:

- Improve staff retention
- Reduced litigation and absenteeism
- Boost productivity

As an emotional wellbeing consultant I address both workplace and personal issues - Absence from work, bullying, stress, anxiety, depression, anger management, bereavement, addiction and relationship counselling. I offer a range of individually tailored Counselling and Life Coaching sessions to suit the needs of your employees. I would like to offer my professional Psychotherapy services to management & employees. Please contact me to arrange a meeting to discuss your requirements. 6 sessions recommended £300. A small price to pay to prevent absenteeism and to invest in good mental health.

Comments from my clients -

"Thank you so much for everything. From being so low, you've made me happier than I've ever been about myself and more optimistic about the future"

"Thank you for your patience and advice over the past year. I came to you for help and understanding and you gave me just that. Now I have been able to involve others close to me and this has helped me share my problems instead of bottling things up. I am a better person for knowing you. Thanks a million"

"I just want to say an enormous thank you for the way you have helped me over the past weeks. You have listened to me and guided me to solutions that will I will always be able to draw on in the future. I have found our sessions professional and always calm. I have always come away from our time feeling better than before I went in, and your ability to see things objectively has always helped me move forward. I have encountered a great shift in my life and your support has given me the strength I need to start again".

"Anne, thanks for all your help and support over the last few months. It's been invaluable and also been a privilege to meet you. I will take your advice and your help forward with me into the future to benefit both myself and my family too. Much appreciated!"

"Anne is patient, serene and an excellent listener. She has helped me enormously to reach a place of peace and increased self esteem. I would recommend Anne to anyone who needed some help and direction in their life. I will always be grateful for everything Anne has done for me. Anne's guidance has truly helped me to change my perspective and subsequently my wellbeing. Thank you so much for helping me through one of the most difficult times of my life and getting me back on track. I am forever grateful."