

Are you in the caring profession?



Caring for others can take its toll emotionally, psychologically and physically. It is important that when you care for others you also care for yourself.

Here is where we come in....

We provide mentorship & supervision services to Support Workers, Support Coordinators, Team Leaders and Managers either face to face or online.

Basically, we help those who help others.

Research shows that supervision can help workers enhance collaboration, overcome conflict, and improve work satisfaction & confidence.

If you are looking to:

- Build your work identity
- Untangle challenges or problems you are stuck on
- Enhance your leadership skills & work progression
- Manage work stresses and demands more effectively



We offer a safe and confidential space at our Salisbury office.

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Our charges are:
Individual session \$95/hr
Group session \$50/hr min 4
Sessions Tax deductible