

# OVERCOME DEPRESSION & ANXIETY



## Refocus Your Thinking Life Coaching Pathways

### What is depression?

Do you feel the darkness of depression closing in on you? Can anything dispel the darkness and bring back true peace and contentment in your heart? Depression a common mental health condition that can consistently affect how you feel, think, act, and has physical symptoms.

### What is anxiety?

Many people struggle with anxiety which takes various forms, including phobias, PTSD, panic attacks, OCD and other types of anxiety. The repeated feelings of stress, fear and anxiety can be difficult to control but relief can be found.

These Life Coaching Pathways teach you how to **DEAL WITH DEPRESSION** and **ADDRESS ANXIETY** in your life. As an **Accredited Mental Health First Aider, Professional Counsellor & Life Coach** and **Certified Mental Health Practitioner**, Dr Rob will guide you to **REFOCUS YOUR THINKING** and will offer help to those who suffer with these mental health issues.

*There are two 6 session packages which include the following sessions:*

#### Dealing with Depression - Pathway 1

Characteristics of Depression (1 Session)  
Causes of Depression (2 Sessions)  
Controlling & Curing Depression (3 Sessions)

#### Addressing Anxiety - Pathway 2

Types of Anxiety (1 Session)  
Triggers for Anxiety (1 Session)  
Treating Anxiety (4 Sessions)

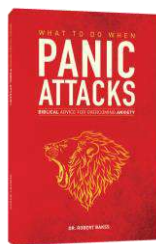
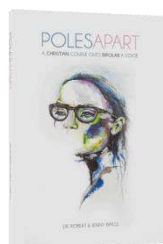
### Coaching Packages Investment:

Each Pathway consists of **6 x 60-minute sessions** conducted weekly, fortnightly or monthly  
(face to face or via Zoom/Phone dependent on location)  
Recommended 1-2 hours client work outside of each session

**1 Pathway over 6 sessions - \$780**

**2 Pathways over 12 sessions - \$1,380**

**Individual Sessions - \$150 per session**



### Providing you a Pathway, not just a Package