Mission statement

Our mission to enhance self-awareness, acceptance, confidence, increase the clients self-worth and improve the overall health of those who are considered a minority for example those of an ethnic background, LGBQ communities, people who have disabilities or is a parent of individual with disabilities. We would also like to support children who are or have been in a residential home or in a behavioural school. We as an organisation understand how individuals who are considered as being different can be labelled and treated differently and how this can affect your mental and physical health.

As a company we deliver a confidential, safe and secure space for each client to personally develop and reach a point of independence, good overall health (mentally and physically) , being able to feel empowered and at peace. Our mission is to provide a loyal, diverse, committed overall wellness service that will include:

* **Person-Centred Counselling** – Person -centred counselling is an non-directive service, meaning you as the client is in full control of the pace of your development and the issues or distresses you would like to explore. We understand that mental health is important and we aim to resolves any key issues which you are facing, this may include; anxiety, depression, abuse (sexual, physical or mental), loss (loss of self or grief), behavioural issues, past traumas, day-to-day problems or help discover and identity any patterns or triggers.
* **Structural Support**- organisational or structural planning, support, and guidance in order for you to be able to provide yourself with self-care. This can be a ranged from trying to find a work-life balance or you are a single parent who is struggling to juggle everything.
* **Physical and Nutritional Guidance** – we offer personalised nutritional sheets to fit your work schedule or health requirements. I understand that eating is priority, however it is also encouraged for you to have physical health, therefore we provide fitness advice and support.

Vision statement

Our vision is to promote and improve the mental health and wellbeing of our clients whilst also maintaining and developing a professional practice. We aim to improve lives by supporting our clients and empowering them to continue through daily life. We will do this with integrity, respect, empathy, and compassion. Our goal is to deliver services via online and phone which will later enable us to include face-to-face services.

We believe that everyone has the capability to grow, however change does not happen overnight. Therefore, our overall goal is to go through the clients journey with them throughout the process until they reach a point of fulfilment / empowerment / self-actualisation.

As the business develops, we will be including several campaigns with information about key areas within mental health, nutrition and fitness through our blogs and website. The purpose of this is to promote knowledge, insight, and recognition to society. There are also certain areas which we would like to cover that has not been promoted such as intergenerational trauma and other areas with a lack of research.

We are aware other company’s offer many different counselling services which I admire, however, I feel that combining all areas of health and well-being is more efficient for the clients. Therefore in the future we aim to also offer fitness classes and creativity workshops in order to acknowledge mindfulness in a productive manner.