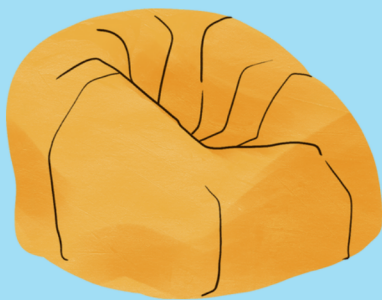


COUNSELLING & COACHING FOR EVERYONE



**SYDNEY - HELSINKI
CONSULTING GLOBALLY**



liisahiltunen.com

MEET LIISA



Welcome

Dear friend,

I am excited about the possibility of working together.

As a therapist and coach, I specialize in human transformation, helping individuals reach their full potential and develop a Growth Mindset.

With over 20-years of experience and two Master's degrees, I work with people from all walks of life, including young adults, individuals, families and senior business executives in 3 areas: counselling, coaching and mentoring.

My approach is person-centered, and grounded in positive psychology ensuring that all my clients receive personalized and effective care. Regardless of if you're dealing with anxiety, depression, PTSD, trauma, or family and relationship issues, I have the expertise to help you heal and achieve your goals.

I highly recommend that you book a **Welcome Call** by going to liisahiltunen.com and clicking on the 'BOOK' tab in the top right of the navigation bar to learn more.

If you need any further assistance, please do not hesitate to contact me and I will gladly offer guidance on your transformational journey.

Best,

Liisa Hiltunen



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Imagine...



IMAGINE BEING A
HAPPIER, MORE GROUNDED
VERSION OF YOURSELF

WHY TALK?



Our 'why'

Our 'why'

Our services help people achieve better mental health, alleviate pain, and reach goals. However, strictly speaking, we offer much more than just counselling, coaching, or mentoring - we offer you an opportunity to live with a Growth Mindset.

With a strong belief in science and tested methods, we have personally experienced how these methods can benefit our lives, and we want to help you.

Our conversations focus on the importance of having a Growth Mindset to stay motivated, reach goals, and feel fulfilled. We constantly explore the latest developments in neuroscience and creativity as they contribute to personal growth and unlocking one's full potential.

In the end, our goal is to assist people in becoming their best selves and leading happy, fulfilling personal and professional lives.

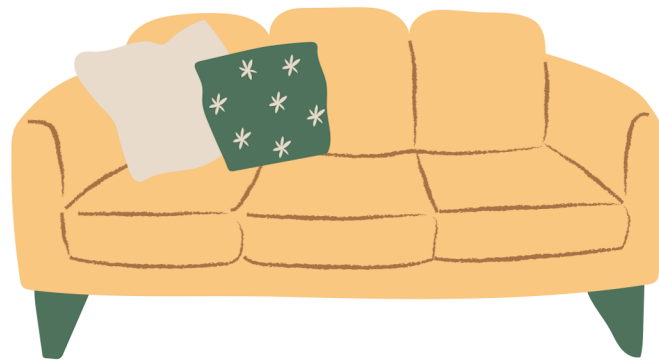




How can we help?

What ever you are going through at the moment, if you need to talk, we can help. People commonly come to talk about emotional needs, relationships, and the 'Existential Crisis', - a combination of symptoms caused by the struggle to simply be human.

We also help leaders and professionals to de-stress from work and professional pressures.



Anxiety and Depression

If you're struggling with anxiety and depression, it may feel like you're trapped in a dark hole. Have faith, we offer CBT, ACT, mindfulness, and other resources to help. If this is happening to you right now, there are proven ways to overcome these feelings and we can teach them to you.

Relationships

Family and couples therapy can help improve your relationships by providing insights, communication skills, conflict resolution techniques, decision-making abilities, emotional management, and functional connection with yourself and others.

Existential Crisis- All ages

It's easy to get lost in our thoughts and emotions when asking ourselves the big questions. Having the right support in place becomes crucial, we are here to help you overcome these existential concerns and build a stronger, more stable foundation for your life.



Counselling

Individuals, Couples and Families

We offer a variety of counselling services to help individuals struggling with trauma, grief, depression, anxiety, PTSD, and addiction. Our experience provides tailored guidance and support to help clients work through their challenges and reclaim their mental health, wellbeing, and happiness. Person-centered talks focused on building strengths, skills and confidence.

Relationships: Individual Lifestyle, Romantic pursuits, Heartbreak, Pre-Marriage, Marriage, Facing separation, Breakups, Estrangement, Separation, Dissolution.

Success Coaching

Individual

To achieve personal goals, create actionable steps, seek career path help, and build networks. Solution focused counselling techniques can assist in identifying solutions and settling SMART goals for success.

Business

Person centered talks focused talks to provide a safe space for professionals and leaders with talks that support, educate, and motivate them towards achieving their personal leadership, vision, growth, and goals.



What's on Offer

What's on offer

Our virtual counselling, coaching and mentoring talks are specifically tailored to meet your needs, whether you're an individual, parent, family, or couple seeking a better way of living. Or, a leader or professional in need of a sounding board. We are here.

With our approach, your personal growth and professional relationships can see significant improvement, allowing you to achieve your goals, explore your feelings, and enjoy life to the fullest.

- EVIDENCE-BASED TALKS FOR BUSINESS & PERSONAL FOCUS
- STRENGTHEN SKILLS AND IMPROVE COMMUNICATION
- STRATEGIES TO ACCOMPLISH A RANGE OF GOALS





Women

Women

As women, we take on many roles and responsibilities, both in our personal and professional lives. We're the strong pillars that offer support to our families, friends, and communities.

But there are times when we need someone to be there for us too. Seeking counselling or coaching can greatly benefit women in many ways - boosting self-confidence, improving mental health, guiding careers and relationships, and teaching how to manage setbacks while keeping a positive attitude, so you feel good about yourself and your life.

A woman is the full circle.
Within her is the power to create,
nurture and transform.

– Diane Mariechildd





Mothers

Mothers

Motherhood is rewarding, but challenging. Many mothers who seek counselling or coaching early on tend to feel better and have more inner strength than those who wait until they hit breaking point, because having someone to talk with once in a while is an amazing feeling.

Talking also gives you time to get to know yourself, and strive to become a better person, woman, and mother, which can bring you closer to being your authentic self. Take time to recharge for the benefit of everyone in your life, especially you, with talks focused 100% on your needs.





Men

Men

Men's mental health is about finding balance amidst work, personal commitments, friends, activities, and administrative tasks. It's important to understand that speaking up about your thoughts isn't a sign of weakness but rather one of strength. Identifying stress triggers and taking adequate breaks for self-care, as well as seeking help from professional mental health professionals or coaches, can reduce stress and improve your overall well-being.





Couples

Couples Therapy

When you're seen, you're known. Your couples' counselling sessions will help you navigate the challenges that can come up between people. Whether you're struggling with communication, money, or intimacy, I'm here for you.

I'll take the time to truly understand your unique situation before developing a step-by-step plan that works for you and your partner or family. We look at a range of factors like your attachment style and personality traits, level of independence, and social inclinations, to help you better understand yourself, each other and work towards your shared goals.

We also appreciate that mental health issues can impact your relationship too, and we're here to help you navigate those as well. Our ultimate goal is to help you and your partner and family to create a strong, healthy, fulfilling, and joyful relationships together.





Young Adults

Hey there! If you're between 16-28+, and want some help with life's challenges, give us a shout!
We're here for you!

Young Adults and the Existential Crisis

With Young Adult mentoring, guidance and encouragement, we work with what is happening in your life now, and prepare you for the opportunities ahead. There are a lot of big questions to be answered and it's easier to navigate your 20's when you've got someone by your side, who has your back too.

We talk about anxiety, depression, relationships, but also teach young adults how to create a Growth Mindset, which is the capability to cultivate positivity and a 'can do' attitude towards life and goal striving.





Leadership & Business

Open Space Talks. No Agenda.

Leadership can be a difficult, lonely, and isolating role, because CEOs often feel pressured to appear strong and confident at all times, leaving little room for vulnerability or authenticity. But, could it be that a CEO's attempt to maintain a favourable image in every possible way could potentially present risk factors for both the leader and the organisation?

We invite CEO's to engage in "Open Space" talks with a capable, experienced, educated confidant. Open Space Talks with no agenda can help leaders relax, focus, and improve their overall well-being. The service offers a secure, confidential, and ethical platform for discussing sensitive topics that may be unsuitable for home or the workplace. This creates an opportunity to alleviate some pressures in a private setting.







Thank you!



Contact Us

**If you would like more information on how to start talks,
please contact us to book a Welcome Call.**



liisahiltunen.com