

CONSULTANTS

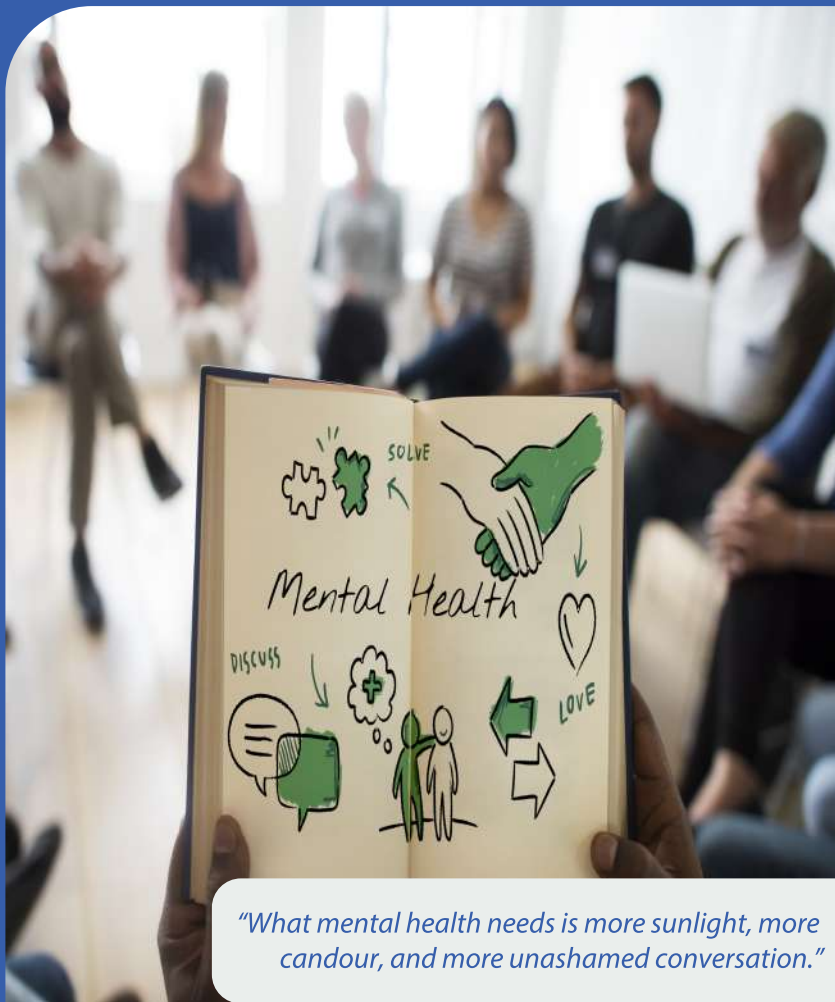
LBJ CONSULTANTS COUNSELLING / MEDIATION

I offer face-to-face counselling or consultations by phone or online.

SERVICES

- Employee Counselling.
- CBT and psychological therapy, designed to support your employees.
- Promoting wellbeing at work.
- Training solutions to enhance awareness of the causes and symptoms of stress and other common psychological issues in the workplace.
- Services to enable rehabilitation of employees.
- Services to help employers understand the mental health issues of employees, the prognosis for their recovery and the treatment solutions available.

"Anything that's Human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."



"What mental health needs is more sunlight, more candour, and more unashamed conversation."

COVID19 SUPPORT

These are very stressful times for a lot of people, and we recognise the importance of doing as much as possible to ensure our mental health and well-being remain in good shape.

We all set out on the journey of life from the same starting point. We try to navigate our way through the roads and pathways to find what we are looking for. We are usually searching for happiness. Unfortunately, we sometimes lose our way and the road turns into a lonely dark place.

Billy Muir



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*"Sometimes the people round about you
won't understand your journey.
They don't need to, it's not for them."*

Whether you're stuck in the woods of anxiety, depression, complex trauma, relationship concerns. It is possible to get out of the dark places and back into the sun. I know it feels daunting now, but that is why you are here. I will work to help you develop the mind set you need to get back on the path that leads to happiness and success. Together, we will work to address the issues you are facing and come through on the other side with a new way of being in this world, and confidently take the direction in life you want.

Together, we will work closely to understand the struggles you are facing and their underlying causes. We will work towards building your self-esteem and confidence and help you find a way forward. If you're ready to get back on the path that leads to the happier times in your life, then you've come to the right place.

Billy Muir

*"Just because no-one else can heal or do
your inner work for you doesn't mean you
can, should, or need to do it alone".*

*"One small crack does not mean that you are broken,
it means that you were put to the test and you
did not fall apart."*



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