

# new leaf

LIFE • DESIGN

counselling | therapy | coaching

In today's Society we are all under considerable pressure to perform – whether in the personal aspects of our lives or in the workplace. This pressure can damage our relationships with friends and family whilst under-achievement at work can influence our earning potential, impacting on our lifestyle choices and living standards. At times it can feel like a vicious circle that you simply don't feel strong enough to break or a treadmill that you can't find the energy to jump off.

As a result of these pressures you can be left feeling overwhelmed, tired and insecure – affecting your health and general well being. Many people recognise that they need assistance and have a strong desire to ask for guidance and support but simply don't know where to go or who to confide in. Some worry about the stigma of mental ill health.

Thankfully, times have changed and talking about your feelings and discussing issues with a professional is no longer taboo. Rather, it is recognised as a positive opportunity for problem solving and personal growth and can, of course, be attributed to improvements in general health and an improved state of mind.

## **New Leaf Counselling and Therapy is here to help!**

Set up in 1992 by Becky Wright, New Leaf has a long history and wealth of experience, helping many people from all walks of life. Becky and her team of qualified therapists offer a wide range of professional services across Somerset delivered in a calm, supportive and relaxed environment.

So, if you want to make a change, to help yourself, to take control, New Leaf is ready to provide the support you need. Take a simple step to improve your life and call Becky Wright today, or why not visit the New Leaf website for more information.

Tel: 07590 684888 Email: [becky@newleaf.uk.com](mailto:becky@newleaf.uk.com)

[www.newleaf.uk.com](http://www.newleaf.uk.com)

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Taunton | Somerset | TA4 1EL

anger and stress



emotions



relationships



family problems



post trauma



stress at work





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BUSINESS  
SENSE

New Leaf services can be tailored to suit the needs of many different types of business, helping to focus and motivate staff...

## Employee Assistance Programme (EAP)

Many companies across Somerset have seen the advantages of providing a confidential counselling service for their employees as it leads to a healthier, more productive workplace. In fact, it makes good business sense when you consider:

- One in five employees suffer from work related stress each year;
- The Chartered Institute for Professional Development (CIPD) found that absence costs employers an average of £522 for each employee per year;
- Absenteeism amounts to an estimated annual cost of £13 billion for the UK economy.

A recent analysis of 40 counselling participants who attended New Leaf highlighted the success:



**96% of clients felt either SATISFIED or VERY SATISFIED with New Leaf's counselling service**

**100% of clients rated the counselling sessions at New Leaf as GOOD or VERY GOOD**

Before I was ill I was very skeptical about counselling as something that could help me. How wrong I was! It has helped me through a very low period in my life and also helped to address areas of my life that needed to be worked through. I don't think the sessions could have been better. Right from the start the atmosphere and areas covered were perfect. Without it I doubt very much whether I would have recovered as quickly or as much as I have.

Counselling Participant (Confidential)

## Workplace Coaching

A well earned perk for your employees, Workplace Coaching is proven to be beneficial for individuals whilst delivering a positive knock-on effect for the employer.

Concentrating on the practical issues of setting goals and achieving results within specific time scales, Workplace Coaching helps individuals explore their own potential within their work and personal lives. It improves self-awareness, confidence and morale, helping to build a stronger, more productive team.

I feel so much more motivated and in control. The coaching has given me the time to think about what I really want to achieve and how I can make it happen. I have been completely blown away by how much I have enjoyed coaching and have embraced the concept across my whole life.

Caroline Rowe, Communications Manager

Working with Becky has been an opportunity for me to clarify where I am going and what I really want to achieve. It has been like a vehicle for analysis and reflection to enable me to take action.

Karla Parker, Head of Corporate Management & Emergency Planning

If you value your employees and want to build a motivated, hard-working and productive team, New Leaf is ready to provide the individual support needed. Take a simple step to achieve positive morale and call Becky Wright today, or why not visit the New Leaf website for more information.

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