

StevenJames

C O U N S E L L I N G



Training

Coaching

Consultancy



Steven James Counselling

Our mission is to deliver real change in individuals and their organisations.

We do that through a combination of training, coaching and consultancy, developed from our experience as psychotherapists but bespoke to your particular needs.

The Steven James advantage is simple. All of our work is developed and delivered by counsellors accredited by the British Association for Counselling and Psychotherapy (BACP). Everything we do is adapted to the specific needs of

the organisation and the individual people we are working with.

This means that we deal with the causes of behaviour, not just the symptoms. As a result, we deliver a basis for lasting change.

After working with Steven James Counselling, you will spend less time unravelling problems and more time leading your team forward.



Training Programmes

Specialist skills for care sector professionals.

We offer one-day and half-day, workshop-based training modules designed to help your employees work effectively with those who suffer from:

- Blood-borne viruses
- Eating disorders
- Self-harm
- Motivational issues
- Alcohol or drug related issues
- Problem gambling

Business management.

We provide knowledge and skills training in areas including:

- Motivational interviewing
- Recruitment
- Giving feedback
- Policy development around addiction
- Performance management

All of our training includes experiential learning and use of counselling theory.

We will also bespoke training to suit the needs of your organisation.



Coaching

Steven James Counselling uses coaching to create positive, directed change.

Our approach works less on untangling individuals' problems and more on finding answers that work for them and their organisations. It is about helping people achieve their potential.

Our coaching enables people to access and use the wealth of experience, skills, expertise and intuition that they all have. This allows them to find creative solutions to situations in both their work and personal lives.

We work at the pace dictated by each individual. Our coaching programmes are as long or as short as the client decides. Our goal is to help people move into the future they want. After all, it's about performance enhancement, a perk, not a punishment!



Consultancy

Steven James Counselling offers consultancy in the specialist field of performance improvement.

We provide services in the areas of:

- Individual and organisational performance assessment
- Diagnostics
- Change management

We also support the implementation of change management programmes through training and coaching.

As with all areas of our work, our approach is based on our background in psychotherapy and bespoke to the needs of your organisation.

About Us

Steven James Practice, a registered charity, was founded in 2004 to provide community counselling services in Dorset.

Since then, it has evolved into a general counselling and training service, delivering help to a wide variety of clients, both individuals and businesses. It has received support from the Big Lottery Fund and recently won a social enterprise grant from Future Builders.

All of the Steven James Counselling senior counsellors are BACP accredited and hold Advanced

Diplomas in Counselling, as well as certification as Clinical Supervisors. Members of the Practice are qualified to DBA and MBA level and have held senior management positions in blue chip British corporations.

For an initial discussion about how Steven James Counselling can help you improve the performance of your business, call us now on 01202 740 044.



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