











# Kat Gower - Counselling amp Personal Consultancy



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-389396-z>

All of us go through a tough times and face problems which can't be sorted without professional help. We try our best to get through these times but sometimes circumstances overwhelm us and we feel helpless. It can be a relatively small thing, which if ignored becomes a major problem. We make decisions we are not sure about, take steps which lead to unexpected consequences, but we remain as strong as we can to cope with it. I am here to be your guide to achieve emotional balance in private and professional life. Contact me if: You feel anxious with your current life situation and you are unsure what to do to rectify it. Maybe you would like help in choosing the right direction to follow your dreams? You are unsure about your emotions and feelings Your relationship is collapsing You are not sure about how to deal with your children and cope with major problems in their development - difficult adolescence, understanding children's evolving needs Perhaps you would like to learn how to better establish relationships and build rapport? It could be that you have experienced a traumatic situation which have made you feel unsafe, inadequate, excluded or depressed I also offer lectures for parents about basic child development to help them discover worrying symptoms which may be significant in diagnosis of ASD (Autism Spectrum Disorder). Please see my website for more details: [www.greenshed4u.com](http://www.greenshed4u.com) Email me: click to

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