



Self Discovery group

with *LYDIA STERRY*
B.A (Hons) M.A

Opportunity to **GROW**

CONFIDENTIAL & SUPPORTIVE
WITH NO MORE THAN SIX OTHERS

Runs **FORTNIGHTLY** on
Thursdays at 4.00 - 5.30pm

(Next start date to be confirmed)

LOW COST at \$40 per person, per
session, for 6 sessions
(\$240 is payable prior to the start of the group)

Based in **MIRRABOOKA, Perth**

If **W.A** finds itself in lockdown,
sessions will continue via zoom

**A UNIQUE OPPORTUNITY TO
WORK WITH A FORMERLY
LONDON BASED TRAINED
EXISTENTIAL PSYCHOTHERAPIST**

A WEALTH OF EXPERIENCE WORKING WITH
PERSONAL DEVELOPMENT GROUPS THROUGH SELF
AWARENESS AND SELF EXPRESSION.

This GROUP is designed
to give you a chance to
understand how you
really INTERACT in a
group with others.

Know you are in safe
hands with an accredited
and experienced
psychotherapist who has
over 20 YEARS
experience in the
industry.

TOPICS involve exploring:

- ~ Your OWN unique interactions
- ~ How you are perceived and EXPERIENCED by others
- ~ Insightful feedback
- ~ Other valuable material

The goal of our work together
is to identify our limiting
patterns and beliefs ABOUT
OURSELVES so we can enhance
our interpersonal relationships.



TEL: 0421540798

EMAIL PROGRESSIVEPROCESS@LIVE.COM.AU TO REGISTER