

Stella Collett

Counsellor / Coach / Facilitator / Trainer



Has worked with:

- NHS
- CRUSE
- Dorothy House Hospice
- The Prospect Foundation
- Individual clients

Background

Stella has spent the past twenty years in hospice and community care, currently working as a counsellor in a local hospice and with the national bereavement charity CRUSE. Stella works as a trainer, facilitator and as a personal coach specialising in support for those encountering change or loss in their lives, whether that is in their personal life or in their career.

Expertise

Stella's expertise lies in supporting those who are currently experiencing loss or change in their lives, assisting them in their return to a full life. Stella works mainly on an individual basis but also runs workshops and small groups enabling participants to express how they are feeling through various creative activities.

Qualifications & Professional Memberships

- NVQ3 in Care
- Certified Master Practitioner of NLP
- Certified NLP Coach
- Certified Practitioner of *Time-Line Therapy*[®]
- CPCAB Level 2 Certificate in Counselling Skills

Interests

Dancing (Ceroc), voluntary work, reading, pottering in the garden, socialising with friends, active member of the local church