



Well-Being



At Lombard & Associates, we are committed towards supporting individuals in all walks of life. Our intentions are to support you, but also empower you to continue on your journey in a confident manner. Our Well-Being Sessions are designed to aid in the discovery of subconscious processes, to implement Appreciative Inquiry Techniques and provide reflective and personal insights. This is YOUR journey, we are here to help you NAVIGATE it!

All Counselling sessions are provided by a registered Psychologist.

Lombard & Associates reserves the right to refer clients to other registered individuals when applicable

1 Emotional Well-Being

Developing EQ Skills
★
Creating Personal Awareness
★
Developing Action Plans for improvement

2 Time Effectiveness

Spending time appropriately
★
Implementation of boundaries
★
Developing 'Me Time' Structures

3 Purpose

Awareness of Personal Drivers
★
Value Attachment & Alignment
★
Personal Hindrances

4 Personal

Personal Contentment
★
Journey of Self-Discovery
★
Investigating Personal Resistance Lines



CONTACT DETAILS

Lombard & Associates
083 459 9994
Support@LombardAssociates.co.za

ADDITIONAL OFFERINGS

DUO DISCOUNT	COMBO DISCOUNT	CUSTOMASIBLE OFFERINGS
WE OFFER CO-PARTNER DISCOUNT ON ANY OF OUR CONTRACTED OFFERINGS	WE OFFER COMBO DISCOUNT ON OUR OFFERINGS FOR WELL-BEING AND COACHING SESSIONS	WE CAN CUSTOM BUILD PACKAGES BASED ON INDIVIDUAL NEEDS