

Sagepoint Consulting Inc.

Services provided by
THERESE & BARRY MACDONALD



Consultation

- Consultation provides immediately useable strategies to respond to life challenges – practical, straightforward & clear advice.
- Parents are in the best position to influence a child's sense of wellbeing. When children are struggling with life circumstances and appear uncommunicative, parents can assume that their child needs individual counselling. Therese & Barry MacDonald believe that what works best is to provide parents with the understanding and tools to more effectively respond to their child's difficulties. Sometimes this process involves interviewing the child with the parent present.
- Barry & Therese have expertise to consult with parents regarding a wide variety of typical life challenges, such as: stress, underachievement, gifted & ADHD issues, anger management, depression, anxiety, trauma, grief & loss, abuse, & sibling rivalry.

Counselling

- Counselling focuses on helping people resolve personal or interpersonal issues. By embracing fear and difficult life events new capacity and strengths can emerge.
- Sometimes we may be troubled by habits of the mind or ingrained ways of seeing the world. It can take a lot of energy to hold onto these old patterns of behaviour and thought which no longer serve us. This troublesome mindset can keep us stuck in a state of tension manifested by negative emotions, poor self-esteem and/or angry reactions.
- Therese & Barry specialize in assisting families and couples to learn new patterns of relating while building on existing strengths, gifts and capacities. Insight combined with action is a powerful combination for change and growth.

Coaching

- Coaching is for individuals who want to enhance the quality of their life and achieve their full potential.
- Be the best that you can be and seek coaching to transition into new career positions, life and or career changes, reaching athletic and educational goals or simply making your dreams come true.
- Whether you are a new to your organization or whether you have been promoted from within, new sets of challenges may emerge to shake your confidence and your competence. Be coached toward a clear leadership style that will generate desired results and build important relationships. Build on your strengths and resiliency to make meaningful contributions.

Fee

- The fee for private 50 minute consultation is the recommended BCACC rate, \$100 + \$5 GST.

Payment is by cash or cheque to Sagepoint Consulting Inc. A telephone consultation can also be arranged.

If you are interested in booking a session please email your request to sagepoint@telus.net
