

Today

Training.Coaching.Counselling

The TODAY Story

Hi, I am Katrina.

I became a success coach and holistic counsellor to help people make positive changes to their lives and help others to be excited about who they truly are.

Holistic Counselling

As a Holistic Counsellor, I want to help you explore your whole self, to delve into who you truly are, not just the life you're living. By working together to discover the underlying truths of your belief system and taking action to reconnect and establish positive thought processes, we will be able to bring joy back into your life.

Life Coaching

As your life coach I will support you to find your purpose in life and:

- become aware of your belief systems;
- learn strategies to take action and goal setting for life;
- work on all areas of your life such as physical and emotional health, finances, relationships, career/business, and spirituality;
- build on your self-esteem and self-worth;
- learn how to be happy and experience joy in your life

todaytcc.com

todaytcc@gmail.com

0468 435 406