



DO I NEED TO BE OR FEEL FIT TO DO PILATES?

No way! Pilates adjusts to each individual's current abilities and needs.

WHEN IS THE BEST TIME TO START PILATES OR COUNSELLING?

There isn't a perfect time. You must have the desire for it. Change won't occur without making changes. Your mind and body will signal when they are prepared to embrace and seek guidance to establish a harmonious relationship, allowing them to support you in the best possible manner.

HOW DO I KNOW IF I AM READY TO STOP MY COUNSELLING SESSIONS?

After a certain number of sessions, I check in with you. We discuss your progress, where you have the opportunity to give feedback. You have the right to end your counselling sessions at any time.

HOW CAN I BE SURE THAT OUR SESSIONS ARE CONFIDENTIAL?

When you enter a counseling contract, as the counsellor, I am obligated by law to maintain client confidentiality. There are only three circumstances that would justify breaking this confidentiality.

WHEN WOULD A COUNSELLOR BREAK CONFIDENTIALITY?

1. In situations where I believe there is a risk of harm to yourself or others.
2. When a child is in danger or at risk of abuse.
3. If my notes are required by a court through a subpoena.

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CAN I CLAIM MY COUNSELLING SESSIONS THROUGH MEDICARE?

At this moment, the answer is unfortunately no.

HOW DOES AN ONLINE SESSION WORK?

When booking a counseling or Pilates session online, you can either schedule it through the business's booking system or receive an invitation via a calendar appointment that you can accept or decline. Information about your online appointment and instructions on connecting via Zoom will be included in an email notification.

HOW MANY SESSIONS DO I NEED?

The number of scheduled sessions is decided collaboratively by the counsellor and the client. Once you assess progress after feedback, it will seem clearer and easier to decide if you wish to continue to reach a specific goal over time.

EMERGENCY CONTACTS



EMERGENCY

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BEYOND
BLUE

(Mental
Health &
Well Being)

1300 22 4636



1800RESPECT

(Domestic
Family and
Sexual
Violence)



CHILD
ABUSE
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13 14 78



LIFELINE

13 11 14

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