



ANGELA'S HEALING SANCTUARY

HYPNOTHERAPIST. COUNSELLOR. LIFE COACH.

Cultural Orientation coaching and counselling

(Skype, Messenger or email support offered - your choice)

Are you a newly arriving 'trailing spouse' to Nairobi? Are you feeling overwhelmed, suffering culture shock and feeling isolated, lonely or confused, have you given up your career to follow your spouse and feeling unsure of your identity and role. Are you unsure where everything is, where to start with hobbies, schools, shopping, support etc? Whatever issues you are struggling with, be they practical or psychological, I offer 'Orientation and Cultural Coaching.' I am a qualified counsellor and therapist and last year completed a rigorous, interview based research project about the psychological experience of dependent female spouses of moving to live in Nairobi in the first two years. As a dependent expat spouse for many years and know first-hand the issues that can arise during this cultural adjustment period - practical issues, worries about children, effects on self-esteem, depression and anxiety, effects on relationships, feelings of isolation, loneliness, worry about security and many more issues that arise. I can coach and support you through this time, both from a psychological and practical viewpoint.

Please contact me on Facebook, e mail or through my website for more details and to arrange a session.

Angela McIntyre-Harrison

BA (Hons) English Literature. PGCE

Counsellor Diploma. Professional hypnotherapy Diploma. Life Coach

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Also now available: Online Infertility Counselling and Coaching