



Young Person & Family Counselling/Life Coaching

- Anxiety
- Depression
- Anger management
- Sexuality and gender identity
- Assertiveness training/ communication
- Mainstreaming at school (neurodivergent)
- Making and maintaining friendships
- Diagnoses education
- Stress management
- Time management
- Family conflict
- Grief and loss
- Coping skills
- Body image
- Self-esteem
- Study skills



For a lot of young people (12-30 years), going to therapy sessions are hard. They say they don't know what to talk about, struggle to answer questions and dislike the small spaces.

Natalie Rinehart takes a different approach to counselling/life coaching sessions. The client's world is mapped out with their strengths and challenges to work on, the key issues and the skills to overcome them. Clients have a sense of learning and progression. Natalie works with the whole family when needed to best support the young person.

It all takes place in a big, airy bungalow in Warrandyte with views out to the garden and plenty of whiteboards to capture the topic each session. Other areas for basketball shooting, pool table and punching bag outdoors to encourage movement and focus when needed. A big, furry and very lovable dog available for sessions if desired.

Extensive experience with supporting those with neurodivergent, anxiety and depression diagnoses. To find out more contact Natalie Rinehart (B.A.Sci (Psych); Grad.Dip.App.Psych and Author).

Website (with FAQs): <https://www.youthlifecoach.com.au>
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Phone: 0425 735 106

"Before Natalie my daughter was barely able to make it through a school day and had not completed a full week due to severe anxiety and panic attacks. To see her smiling after the very first session gave me a sense of hope and I knew we had found our saving grace. Nat is not your average counsellor and her non clinical approach resonates with the young of today, gaining their trust and helping them with their issues." Parent