



## HR Development at Work Counselling Service

Our counselling service provides you with the opportunity to talk about personal and relational issues including, but not limited to:

- anxiety
- depression
- workplace issues
- parenting and relationship issues
- drug, alcohol, gambling and other addictions
- bereavement



Our goal is to provide an understanding, supportive and confidential environment.



Our counselling service is run by Stewart Glass. Stewart's role as a counsellor is to help you through challenging times of your life, without judgement, and with respect for your values, beliefs and unique circumstances. With Stewart's warm and empathetic encouragement, you will set goals for your happiness and wellbeing, and work with your strengths and resources to help you to achieve these.

Stewart studied psychology for several years before changing over to a Bachelor of Counselling which he expects to complete in the next 12 months.

He was a small business owner for over 10 years, and has also worked in both medium-sized and corporate environments.

He has experience in working with youth and in several non-profit organisations. Stewart is married with several children, the oldest having just turned nineteen.

To find out more contact Bridget Hogg, Principal Consultant,  
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