



About Pauline Dudley

I am a qualified Professional Counsellor working in the Hunter Valley region of NSW.

My professional and life experiences are diverse and span over many years. My passion in life has always been about helping women to overcome life stresses, and to find a sense of equilibrium, so that they can manage everyday life challenges.

I entered the helping profession later in life based on my own private journey, and decided to re-educate myself along the way.

I have experienced my own life challenges and losses, and as a woman, a wife, a sister and a mother, I have a deep understanding of how difficult life can sometimes be.

I have successfully set forth through my own personal journey of self-love and self-discovery, and as a result, am passionate about helping others.



Call Pauline Dudley

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**Flexible hours are available
for online and mobile
counselling services**

**Registered NDIS Provider
PACFA / MACA**

www.mindfulkeeping.com.au

PAULINE DUDLEY



MINDFUL KEEPING

Counselling Services
in the
HUNTER VALLEY REGION

*Are you feeling depressed,
anxious or exhausted?*

*Do you need motivation
to get through the day?*

*Are you struggling with
everyday life issues?*

*Do you struggle with
self-esteem and self-confidence?*

*Are you wanting to make a change
but don't know how to?*

My expertise includes helping women who are:

- Living with anxiety and depression
- Experiencing worry, stress and low motivation
- Feeling isolated and disconnected from others
- Experiencing relationship issues
- Living with grief and loss
- Lacking self-confidence, self-esteem and self-love
- Looking for a new direction in life but don't know how to get started
- Wanting to return to work or make a career change
- Finding it difficult to cope with life and have lost the ability to be happy
- Needing help to adjust to change and set manageable goals
- Living with chronic pain or illness
- Dealing with weight issues
- Coping with an addictive behaviour
- Living with trauma



Overcoming difficulties leads to courage, self-respect and knowing yourself.

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How I can help you make positive change

I work with women of all ages and backgrounds and have a dedicated interest, a gentle approach and many years experience in helping women find direction and make positive, realistic change.

My approach is generally person-centred and includes being present with you in your space, offering a listening ear and displaying a high level of empathy and understanding.

I will guide and support you to bring about positive change, alter any unwanted behaviours, and build motivation, self-confidence and self-esteem, so that you are better equipped to manage everyday life challenges.

We can work towards creating desired goals and build new intervention skills and techniques that are favourable in helping you on your journey of self-love and self-discovery.