



Rachel Hansen

Health and Wellbeing Educator

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Youth Mentoring Information

Thank you for wanting to learn more about how I can work with you or someone you care about.

My background is in psychology, education and counselling and my speciality is working with young women. I define my approach as 'mentoring' – many people have negative connotations with 'counselling' and I believe my philosophy is far broader and more along the lines of a life coach. I work with young women and together we create a positive proactive path for their life.

The most important aspect of my mentoring is a good rapport between me and my client. To ensure this, the first consultation is without charge. This gives the young woman an opportunity to decide if we will be able to work together towards her living a happy and fulfilled life. During this initial consultation I will conduct an assessment that allows me to accurately assess your needs and goals.

Location: The choice is yours! We can meet at your home, at a café or a park or at my office in Hokowhitu, Palmerston North. I prefer our first meeting to be at my office, but after that some clients are more comfortable meeting at other venues.

Availability: Any evening after 5.30pm or between 8.30am – 1pm on Mondays and Thursdays. Weekend appointments are also possible. Appointments can be made via email or phone.

Fee: The first consultation is always free. Subsequent appointments are 45 minutes long and cost \$50.

NB: *I am not a medical clinician – I will screen for mental health issues such as depression and if this is a concern I will advise where to seek further help.*