

DECEMBER 2025

# NEWSLETTER

  
LOYDALL  
COUNSELLING  
A UNIQUE APPROACH  
084 056 1009

**A UNIQUE APPROACH TO ADDING QUALITY TO YOUR LIFE**

Dear clients and colleagues,

As 2025 comes to a close, I want to extend my sincere gratitude for your trust and support throughout the year.

It has been a privilege to walk alongside you through your various individual journeys, and be part of your growth and outcomes.

Looking ahead to the new year, I remain committed to providing a safe, compassionate, and professional space for reflection, growth, and healing.

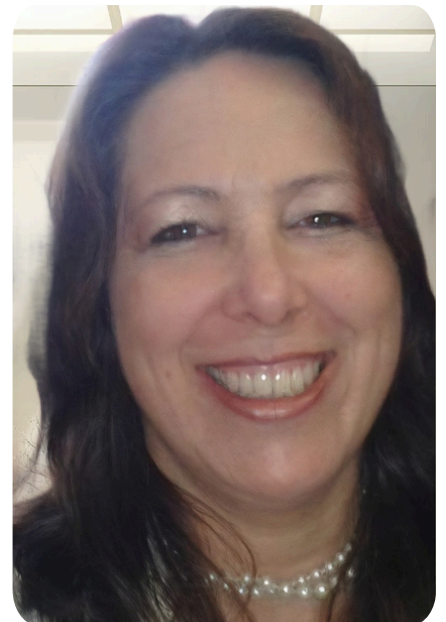
May you and your families have a restful and blessed festive season.

I look forward to continuing being of service to you in 2026.

I will be on call over the festive period.

Kind regards

*Jacqueline*



**JACQUELINE  
LOYDALL**

## WHAT SETS US APART?

Although, like many of our colleagues, our foundations are in life coaching and counselling, our uniqueness lies in our diverse and personalised approach and techniques,

We don't do a "text book" approach, because we believe that meeting you in the reality of your personal situation is important. We work with each individual based on your specific needs and desired outcomes. It's not "one size fits all".

"No man is an island", hence making our services available to all is important to us. In order to ensure this, we offer very affordable rates, as well as being available in-person or online for those who aren't in the same vicinity or can't get away from the office.



## 2026 WHERE TO NEXT YEAR

Our services will largely remain the same, but with the reintroduction of the "Walk With Me" program.

See information for all areas of service on the following pages.



## INDIVIDUAL CONSULTATION

This refers to single person appointments, either in-person or online. We have two main areas of focus that we address in different ways.

Life Coaching - putting steps in place for life management or growth or change, that you would like to implement in your life.

Counselling - addressing past or present experiences that impact you, helping process thoughts, memories and emotions, provide coping skills and equipping to overcome.

## COUPLES & RELATIONSHIPS

Creating a safe space to improve or repair your relationship or address your approach to relationships so that you engage in healthier relationships.

- Couples
- Pre-Marriage
- Dating Coaching
- Individual Guidance



## ONLINE

we offer the same great service as we would in-person, but meeting you at your convenience, wherever you are.

- No need to travel or be close by
- You can be in the comfort of your own chosen space
- Offered for individual or couples - no groups





## **SUPPORT PROGRAM**

### **WALK WITH ME - FOR WOMEN**

A 3-month facilitation program for women who would like support getting their lives back on track. Whether you've experienced trauma or merely desire change...

- Work through challenges
- Set goals
- Become equipped
- Gain fresh perspective

## **ELDERLY CARE & COMPANIONSHIP**

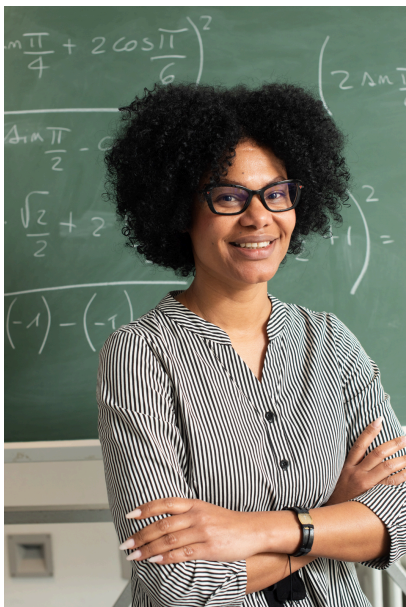
This service supports elderly people who :

- Need assistance
- Would like company

Assisting families by providing care and company when family members need to go out, and need a companion to be present for their loved one.

Note:

- This is not a nursing service
- No night shift available at this time.



## **TEACHER SUPPORT**

Providing support to teachers and tutors

- Receive support
- Discuss challenges
- Regain perspective
- Offload
- Restore
- Refocus

Because we understand that being a teacher requires so much more than delivering lessons.