

What our clients say

I felt Michelle was very approachable and I liked that she also has ADHD so she would understand my daughter.

P has enjoyed every session and has looked forward to each one. She has come away with new ways to help her and I have too.

Very relaxed, friendly, welcoming and professional

My daughter is calmer, happier and more able to cope with the challenges of school and relationships. She instantly clicked with Michelle, felt safe and able to share her struggles. She feels listened to and is learning strategies to manage overwhelming situations and is more motivated at school. She is growing in confidence and it is hugely reassuring as a parent to know she has the support she needs to help meet her true potential, remain safe and find happiness in life.

Michelle is so easy to work with. She provides regular feedback, is warm and clearly cares about what she does.