



Hi my name is Sharon and I am a volunteer counsellor at No Limits.

I mainly work in a Gestalt humanist way with some CBT.

My own personal life experiences have made me want a career in counselling.

I work in an empathic, non-judgemental way, helping to raise awareness and guiding each client on their journey where confidentiality is of upmost importance.

I also volunteer at Change, Grow, Live (drug and alcohol services).