

Chrysalis Wellness Services

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Chrysalis Wellness Service is a boutique life coaching business offering support for individuals, couples, families, community groups and local businesses. Our commitment is to help our clients learn to apply the principles of positive psychology in order to change their lives by building resilience and life skills for wellbeing and success.

Services Include: Individual Life Coaching & Counselling; Relationship Coaching for Couples and Families; Psychological Assessments & Medico-Legal Reports; Small Groups Life Skills Workshops; Mentoring & Supervision for Interns, Counsellors & Coaches; Professional Development & Training for Health & Community Services; Motivational Speaking on Resilience, Social Health & Community Development.

Discount to Customer: 10% Discount for single or pre-booked sessions

Rebate to TSC: 10%