

ANIQUE BROSKIE

WELLNESS COUNSELLOR & CBT COACH

(COGNITIVE BEHAVIOUR THERAPY)

A focused deepening of self-awareness and making meaningful changes happen now. Passionate about your journey of acceptance through counselling, as well as teaching techniques to build inner-strength and change fixed mindsets through CBT.

BACHELORS PSYCHOLOGY (UCT) LIFE-LINE TRANSFORMATION | CBT CERTIFIED | HUMANITAS | TEENAGERS COACH | COUNSELLOR

- Motivational Talks & Workshops
- Teen Trouble Talk
- 101 Coach | Counselling

