

Family and Parenting Support

2025



Receive support for your family and be empowered to raise the next generation



Hi there,

I'm Nichola, a qualified Counsellor, trained Family Support Worker and Coach. With over 18 years of experience supporting families, I have had the privilege of working closely with parents navigating a wide range of challenges. My approach is grounded in compassion, practical expertise, and a commitment to providing tailored, individualised support that meets the unique needs of each family. In addition to my professional background, I bring personal insight as a parent to five children - four of whom are now adults. This lived experience enriches my understanding and allows me to connect with families on a deeper level.

Whether you're working to figure out what family values are most important, establish a consistent daily routine, address unwanted behaviours, strengthen your child's self-esteem, or align more effectively with a co-parent, I'm here to help.

My sessions, courses, and programmes are designed to keep *you* in control because no one knows your family better than you do. My goal is to empower you to implement meaningful, lasting changes that enhance your relationships and overall family life.

Warmly, Nichola





Get help to:

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| <ul style="list-style-type: none">• Foster Self-Esteem and Confidence in Children• Support Your Child Through Life Transitions (e.g., starting school, welcoming a new sibling)• Re-establish Clear Boundaries and Promote Cooperative Behaviour• Create Practical and Sustainable Home Routines for You and Your Children• Design and Implement an Age-Appropriate Reward System• Enhance Communication and Reduce Conflict Within the Family | <ul style="list-style-type: none">• Build Confidence to Feel More Empowered and in Control• Develop Effective Listening and Negotiation Skills for Parenting Teenagers• Manage and Reduce Challenging Behaviours (e.g., tantrums, hitting, biting)• Support children after experiencing trauma• Strengthen Emotional Intelligence and Support Children in Expressing Their Feelings• And More... |
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Step 1: Initial Family Consultation

A 1-1 consultation is usually the first step towards finding the solution to your parenting problem. You will have an opportunity to talk about your family circumstances and explore the areas you'd like support in.

Service Location	Session Length	Fee
Online	30 Minutes	Fee: £25 (full amount payable at time of booking)

Your consultation will last for up to 30 minutes during which you will have an opportunity to talk about your family circumstances and what prompted you to seek out support. During our conversation I will talk through methods of working and give you an opportunity to ask questions.



Step 2. Assessment Session

Service Location	Session Length	Fee
In Person or Online	60 Minutes	Fee: £65 (full amount payable at time of booking)

The assessment session offers a dedicated space to explore your family's unique dynamics, values, goals, and current challenges in more depth. Over the course of 60 minutes, we'll work together to gain a clear understanding of your priorities and identify what kind of support will be most beneficial moving forward. The session is designed to be collaborative, respectful, and tailored to your family's needs - providing the foundation for a personalised plan that supports meaningful and lasting change.



Step3. Tailored Family Support

Service Location	Session Length	Fee
In Person or Online	90 Minutes for six weeks	Fee: £600 (Discounts & Payment options available)

Get regular tailored support for your family over six weekly sessions and email assistance. A suitable date and time will be agreed which will usually stay the same each week. There may be some tasks or activities to complete or strategies to try out in between sessions. Support is reviewed at the end of session 5 to ascertain whether further support or referral to an alternative service is required. If you need to cancel a session, failure to do so within 48 hours will still incur the full fee.



How to book

Visit the [booking page](#) to schedule in an initial consultation. Your booking request will then be confirmed by email including details for joining on the day and payment arrangements.

Get in touch

Website: www.nicholawilliamstherapy.com

Email: info@nicholawilliamstherapy.com

