

Individual Counselling & Coaching Support

Contributed by nvcresolutions

Thursday, 17 May 2007

Last Updated Saturday, 26 September 2009

Individual Counselling from Daren or Anna - NVC Resolutions

If you have an issue that is troubling you and would like some support to explore it from an NVC perspective then we can help you.

Both Daren and Anna offer individual counselling & coaching sessions. Please contact either of us to discuss the number and length of sessions and costs.

As well as NVC skills, Daren and Anna bring other skills to these sessions. Daren has a certificate in Hypnosis and Psychotherapy (National College - UKCP), as well as training in NLP and the Voice Dialogue method. Anna has three years training in Psychosynthesis Counselling. Both Daren and Anna are trained in contextual relationship dynamics with the Centre for Gender Psychology.

Location of our Counselling / Coaching Sessions

We mainly run our counselling / coaching sessions from our home in Buckhurst Hill. It may also be possible to use a central London venue by special arrangement. Our Buckhurst Hill practice is conveniently located 10 mins from the London A406 and the M25 (junction 26), as well as on the central line, which means that many locations within London, Essex and Hertfordshire are less than 45 mins from us. The followings areas are within easy access of our counselling / coaching practice in Buckhurst Hill, either by tube or car:

Abridge, Arnos Grove, Bank, Barnet, Bethnal Green, Bishop's Stortford, Bond St, Bow, Brentwood, Broxbourne, Buckhurst Hill, Canary Wharf, Central London, Chancery Lane, Chelmsford, Cheshunt, Chigwell, Chingford, Cuffley, Debden, East Ham, East London, Edmonton, Enfield, Epping, Epping Forest, Epping Green, Goffs Oak, Hainault, Harlow, Hatfield, Hertford, Highams Park, Hoddesdon, Holborn, Kings Langley, Lambourne, Leyton, Leytonstone, Liverpool Street, London Colney, Loughton, Manor Park, North London, North-East London, North Weald, Ongar, Oxford Circus, Palmers Green, Potters Bar, Redbridge, Rickmansworth, Roydon, Snaresbrook, South Woodford, St Albans, St Pauls, Stapleford Abbots, Stapleford Tawney, Stratford, Theydon Bois, Tottenham, Tottenham Court Rd, Upshire, Waltham Abbey, Waltham Cross, Wanstead, Ware, Watford, Welwyn Garden City, Whipps Cross, Wood Green, Woodford, Woodford Bridge, Woodford Green

Travel times to our Buckhurst Hill practice by car

Distances by car in time to our counselling / coaching practice in Buckhurst Hill (in rush hour times may vary, depending on location):

Abridge: Less than 20 mins to our counselling / coaching practice from Abridge, West Essex

Arnos Grove: Less than 35 mins to our counselling / coaching practice from Palmers Green, Enfield, North London

Bank: Less than 40 mins to our counselling / coaching practice from Bank, City of London

Barnet: Less than 40 mins to our counselling / coaching practice from Barnet, Barnet, North London

Bethnal Green: Less than 35 mins to our counselling / coaching practice from Bethnal Green, Tower Hamlets, East London

Bishop's Stortford: Less than 50 mins to our counselling / coaching practice from Bishop's Stortford, Hertfordshire

Bow: Less than 30 mins to our counselling / coaching practice from Bow, Tower Hamlets, East London

Brentwood: Less than 45 mins to our counselling / coaching practice from Brentwood, Essex

Broxbourne: Less than 30 mins to our counselling / coaching practice from Broxbourne, Hertfordshire

Buckhurst Hill: Less than 5 mins to our counselling / coaching practice from Buckhurst Hill, Epping Forest District, West Essex

Chelmsford: Less than 60 mins to our counselling / coaching practice from Chelmsford, Essex

Cheshunt: Less than 25 mins to our counselling / coaching practice from Cheshunt, Hertfordshire

Chigwell: Less than 10 mins to our counselling / coaching practice from Chigwell, Epping Forest District, West Essex

Chingford: Less than 10 mins to our counselling / coaching practice from Chingford, Waltham Forest, North East London

Cuffley: Less than 30 mins to our counselling / coaching practice from Cuffley, Hertfordshire

Debden: Less than 15 mins to our counselling / coaching practice from Debden, Epping Forest District, West Essex

East Ham: Less than 30 mins to our counselling / coaching practice from East Ham, Newham, North East London

Edmonton: Less than 25 mins to our counselling / coaching practice from Edmonton, Enfield, North London

Enfield: Less than 30 mins to our counselling / coaching practice from Enfield, Enfield, North London

Epping: Less than 15 mins to our counselling / coaching practice from Epping, Epping Forest District, West Essex

Epping Forest: Less than 10 mins to our counselling / coaching practice from Epping Forest, West Essex

Epping Green: Less than 20 mins to our counselling / coaching practice from Epping Green, Epping Forest District, West Essex

Goffs Oak: Less than 30 mins to our counselling / coaching practice from Goffs Oak, Hertfordshire

Harlow: Less than 40 mins to our counselling / coaching practice from Harlow, West Essex

Hainault: Less than 15 mins to our counselling / coaching practice from Hainault, Redbridge, North East London

Hatfield: Less than 45 mins to our counselling / coaching practice from Hatfield, Hertfordshire

Hertford: Less than 45 mins to our counselling / coaching practice from Hertford, Hertfordshire

Highams Park: Less than 15 mins to our counselling / coaching practice from Highams Park, Waltham Forest, North East London

Hoddesdon: Less than 40 mins to our counselling / coaching practice from Hoddesdon, Hertfordshire

Kings Langley: Less than 45 mins to our counselling / coaching practice from Kings Langley, Hertfordshire

Lambourne: Less than 20 mins to our counselling / coaching practice from Lambourne, West Essex

Leyton: Less than 25 mins to our counselling / coaching practice from Leyton, Waltham Forest, North East London

Leytonstone: Less than 20 mins to our counselling / coaching practice from Leytonstone, Waltham Forest, North East

London

Liverpool St: Less than 35 mins to our counselling / coaching practice from Liverpool St, City of London

London Colney: Less than 40 mins to our counselling / coaching practice from London Colney, Hertfordshire

Loughton: Less than 10 mins to our counselling / coaching practice from Loughton, Epping Forest District, West Essex

Manor Park: Less than 25 mins to our counselling / coaching practice from Manor Park, Newham, North East London

North Weald: Less than 25 mins to our counselling / coaching practice from North Weald, West Essex

Ongar: Less than 30 mins to our counselling / coaching practice from Ongar, Essex

Palmers Green: Less than 30 mins to our counselling / coaching practice from Palmers Green, Enfield, North London

Potters Bar: Less than 35 mins to our counselling / coaching practice from Potters Bar, Hertfordshire

Redbridge: Less than 25 mins to our counselling / coaching practice from Redbridge, North East London

Rickmansworth: Less than 55 mins to our counselling / coaching practice from Rickmansworth, Hertfordshire

Roydon: Less than 25 mins to our counselling / coaching practice from Roydon, Epping Forest District, West Essex

Snaresbrook: Less than 15 mins to our counselling / coaching practice from Snaresbrook, Redbridge, North East London

South Woodford: Less than 15 mins to our counselling / coaching practice from South Woodford, Redbridge, North East London

St Albans: Less than 50 mins to our counselling / coaching practice from St Albans, Hertfordshire

Stapleford Abbots: Less than 25 mins to our counselling / coaching practice from Stapleford Abbots, Epping Forest District, West Essex

Stapleford Tawney: Less than 25 mins to our counselling / coaching practice from Stapleford Tawney, Epping Forest District, West Essex

Stratford: Less than 30 mins to our counselling / coaching practice from Stratford, Newham, North East London

Theydon Bois: Less than 15 mins to our counselling / coaching practice from Theydon Bois, Epping Forest District, West Essex

Tottenham: Less than 25 mins to our counselling / coaching practice from Tottenham, Haringey, North London

Upshire: Less than 15 mins to our counselling / coaching practice from Upshire, West Essex

Waltham Abbey: Less than 20 mins to our counselling / coaching practice from Waltham Abbey, Epping Forest District, West Essex

Waltham Cross: Less than 20 mins to our counselling / coaching practice from Waltham Cross, Hertfordshire

Wanstead: Less than 15 mins to our counselling / coaching practice from Wanstead, Redbridge, North East London

Ware: Less than 45 mins to our counselling / coaching practice from Ware, Hertfordshire

Watford: Less than 50 mins to our counselling / coaching practice from Watford, Hertfordshire

Cuffley: Less than 50 mins to our counselling / coaching practice from Welwyn Garden City, Hertfordshire

Whipps Cross: Less than 15 mins to our counselling / coaching practice from Whipps Cross, North East London

Wood Green: Less than 40 mins to our counselling / coaching practice from Wood Green, North London

Woodford: Less than 10 mins to our counselling / coaching practice from Woodford, Redbridge, North East London

Woodford Bridge: Less than 10 mins to our counselling / coaching practice from Woodford Bridge, Redbridge, North East London

Woodford Green: Less than 10 mins to our counselling / coaching practice from Woodford Green, Redbridge, North East London

Travel times to our Buckhurst Hill practice by tube

Distances in time by tube to our counselling / coaching practice in Buckhurst Hill (these times are from getting on the train to the time you reach our door. We are on the Epping branch of the central line east):

Loughton: 12mins to our counselling / coaching practice from Loughton, Epping Forest District, West Essex

Debden: 15 mins to our counselling / coaching practice from Debden, Epping Forest District, West Essex

Theydon Bois: 18 mins to our counselling / coaching practice from Theydon Bois, Epping Forest District, West Essex

Epping: 21mins to our counselling / coaching practice from Epping, Epping Forest District, West Essex

Woodford: 12 mins to our counselling / coaching practice from Woodford, Redbridge, North East London

South Woodford: 15 mins to our counselling / coaching practice from South Woodford, Redbridge, North East London

Snaresbrook: 16 mins to our counselling / coaching practice from Snaresbrook, Redbridge, North East London

Leytonstone: 20 mins to our counselling / coaching practice from Leytonstone, Waltham Forest, North East London

Leyton: 23 mins to our counselling / coaching practice from Leyton, Waltham Forest, North East London

Stratford: 25 mins to our counselling / coaching practice from Stratford, Newham, North East London

Mile End: 29 mins to our counselling / coaching practice from Mile End, Tower Hamlets, East London

Bethnal Green: 31 mins to our counselling / coaching practice from Bethnal Green, Tower Hamlets, East London

Liverpool St: 34 mins to our counselling / coaching practice from Liverpool St, City of London

Bank: 36 mins to our counselling / coaching practice from Bank, City of London

St Pauls: 38 mins to our counselling / coaching practice from St Pauls, City of London

Chancery Lane: 40 mins to our counselling / coaching practice from Chancery Lane, City of London

Holborn: 41 mins to our counselling / coaching practice from Holborn, City of London

Tottenham Court Rd: 43 mins to our counselling / coaching practice from Tottenham Court Rd, Central London

Oxford Circus: 45 mins to our counselling / coaching practice from Oxford Circus, Central London

Bond St: 46 mins to our counselling / coaching practice from Bond St, Central London

Canary Wharf: 46 mins to our counselling / coaching practice from Canary Wharf, Central London

