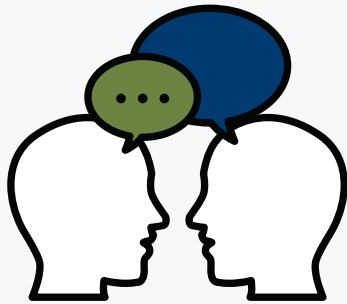


# Preventative and Motivational Counselling to Help You Make Positive Changes



- Are everyday issues becoming harder to manage?
- Do you feel frustrated or like you are not moving forward?
- Are traditional counselling services not helping you make changes?

## NOVOVIA OFFERS POSITIVE AND PROFESSIONAL SERVICES TO HELP YOU HANDLE LIFE'S MOST CHALLENGING ISSUES.



If you feel stuck and need help to figure things out, there is a positive way forward. My services are positive, professional, and are designed to help you take control and address life's ups and downs. Based on Motivational interviewing (MI) and Cognitive Behavioural Therapy (CBT), I offer a preventative and motivational approach when discussing change providing you with practical tools to achieve long-lasting change through self-motivation.






"Jennifer is a warm person who radiates positive energy. It is easy to follow her method and already, in the first session, she gave me many specific solutions and useful insights"



For more information, visit [www.novovia.se](http://www.novovia.se)  
or send me an email, [jennifer@novovia.se](mailto:jennifer@novovia.se)

## We offer confidential \*one-on-one MI and CBT counselling services that are available now.

Discovery Session	Single Session	Package Sessions
 <p>A 15 min introduction to understand you and see if we are a good fit to work together.</p> <p>Free</p>	 <p>We focus on the positive aspects of your current situation and how your thoughts, feelings, and behaviours affect you</p> <p>1 035 SEK per session</p>	 <p>Recommended number of sessions to thoroughly address an issue and promote positive behaviour change.</p> <p>4 500 SEK for 5 sessions</p>

**\*Group Counselling is also available upon request**

### YOU-focused Counselling

Counselling sessions are confidential and based on Motivational Interviewing (MI) and Cognitive Behavioural Therapy (CBT) to help you overcome serious and everyday challenges. All sessions are person-focused, meaning that YOU (your perspective, views, needs, wishes, and goals) always take centre stage.

MI is an evidence-based counselling approach that has over 40 years of proven, measurable success. It uses an empathetic and collaborative conversational style for interpersonal interactions to strengthen personal motivation and commitment to change.

CBT is a successful treatment method that focuses on how a person's thoughts, feelings, and behavior influence one another. Using CBT involves analyzing a problem by identifying and recognizing one's unhelpful thoughts and behavior



#### Who am I?

Jennifer Ollis Blomqvist, BSc, MSW, Cognitive Behavioural Coach, MI Consultant. If you would like to find out more about Novovia, my experience and how to book a discovery session please scan the QR code.



**Novovia is a leader in using MI to promote wellbeing with organizations and individuals.**