

Qualifications

Diane's qualifications are:

- Graduate Diploma in Psychology, Deakin University
- Graduate Certificate in Counselling, Monash University
- Bachelor of Arts – Psychology (major), Business & Human Resources (minor), Deakin University

In addition, she:

- has completed C.A.R.E Management Training through People in Progress
- has attended the Australian Defence Force (ADF) Rehabilitation Training Program, and
- attends the WorkSafe NES and WISE training workshops every year.

Diane is a qualified Worksafe Vocational Assessor for:

- QBE
- CGU
- ADF
- Gallagher Bassett
- Cambridge Integrated Services
- Allianz
- Anthony Grando Solicitors

Some organisations who have engaged her services include:

- Victoria Police
- Department of Defence
- Aged Care Facilities and Small Business
- Transport Accident Commission

She is also a Qualified Member of Australian Counselling Association (QMACA) - Registration No. 8186



Professional experience

Vocational Counsellor

- vocational transition and career development

Job Search Trainer

- coach and facilitate vocational re-direction
- career job seeking competencies development (i.e. networking skills, interview skills and techniques)

Assessor

- initial and vocational assessments
- identify transferable skills for career transition or re-direction

Employment Services Consultant

- identify training needs
- identify suitable networking services that would assist job seekers in active job seeking
- reverse marketing to prospective employers
- address psychological, psychosocial and vocational barriers
- monitor job seeking activities through management of individual profile

Rehabilitation Consultant

- assist psychologically and physically injured workers return to work

ADF Health Practitioner

- workplace assessment, rehabilitative intervention and coordination of medical health practitioners



Contact dt counselling

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Diane Thakur Counselling

dt counselling

counselling, career assist & coaching

Counselling

Are you going through a tough time with life and just need someone professional to talk to? Then talk to us.

What is counselling?

Counselling denotes a professional relationship between a trained counsellor and you.

It is designed to help you understand and clarify your views of lifespace. You will learn to reach your self-determined goals through meaningful, well-informed choices and through resolution of problems of an emotional or interpersonal nature.

How can we help you?

dt counselling specialises in mental health, therapy and counselling services. We will help you gain insight, self-acceptance and personal freedom through self-management and control of behaviour.

We will work closely with you to develop an efficient and cost-effective plan for your counselling sessions. You will feel comfortable and fully supported to achieve the very best outcomes.

Who should contact us?

Contact *dt counselling* if you are trying to come to terms with:

- a job loss or loss of job satisfaction
- staying positive with life
- the stresses of a broken relationship with family or friends
- grief caused by loss of family or friends
- the pressures of school or university

You can set yourself up to be sick, or you can choose to stay well. - Wayne Dyer

Career assist

Are you about to embark on a career path, or perhaps you are mid-stream and unsure which direction to steer your career towards? Then talk to us.

What is career assist?

Career assist is about helping you define your career objectives then developing a step-by-step training plan and job search program that sets you on the path to a successful and satisfying career.

How can we help you?

dt counselling provides career guidance and direction by reviewing your interests, qualifications and skills. Services include:

- Vocational counselling and planning, and skills assessment
- Résumé preparation and job application letters (including speculative letters)
- Employment seeking strategies
- Interview skills coaching and technique
- Addressing selection criteria
- Discussing further education options at TAFE, College or University

Who should contact us?

- Year 10 to 12 students seeking part-time or full-time work
- University graduates eager to enter the workforce
- If you are planning a career change but are unsure what step to take next

Choose a job you love, and you will never have to work a day in your life. - Confucius

Coaching

Do you want to set better goals? Do more with your life? Get better results quickly? Want the tools, support and structure to get focused? Then talk to us.

What is coaching?

Coaching is an interaction aimed at helping you define and then achieve your life goals.

Through a problem-solving, solution-focused context, coaching can help you improve your performance and move towards greater success in life.

How can we help you?

We begin with setting realistic and achievable goals, developing an action plan, then monitoring your progress and ensuring you remain focused and on path to achieving your goals.

Our role as a coach is not necessarily to tell you what to do but rather, to collaborate with you to explore appropriate options, working towards developing an appropriate array of skills and strategies that will help you make the cognitive and behavioural changes needed to achieve your goals.

Who should contact us?

Contact *dt counselling* if you want:

- an increased sense of control and happiness
- a better work/life balance
- a clearer sense of life and career
- to improve on workplace skills like effective communication, problem solving, time management, leadership development and delegation

Coaching is a profession of love. You can't coach people unless you love them. - Eddie Robinson