



Personal Consultancy

You bring your unfamiliar expertise to your growth and change...

- Simon d'Orsogna

About this work...

Adults at mid-career and mid-life often catch themselves seeking to adaptively respond. This approach supports and challenges, re-awakes the possibility and resources alive in the current moment. Through work with a variety of adults in periods of transition, I have discovered reliable ways to help you make movement toward goals through discovering internal resources and linking to opportunities.

Personal consultancy uses a guided introspection to reveal how you get in your own way, and relies on how you already know something helpful about repairing. The approach is informed by an integration of coaching and therapy that leaves you at the centre of things.

More often than not, clients arrive with internal conflicts, as well as external and behavioral issues that stand in the way of achieving their goals. Recognising the natural intelligence and creativity of these 'mindsets-formed-earlier-in-life' is the first step to developing current strengths and future capacities.

Each of us has inner contradictions that create obstacles to our pursuit of our goals, happiness, and growth. Often enough as we get older we can grow beyond our tangles, and sometimes we can't or don't – we can be stymied and caught too. Personal consultancy bumps you into your own creative, deep and intelligent ways that you have made sense of the world, even when these make little sense to your daytime self. In doing so, life energy, purpose and agency are made available, again.

Testimonials

In one session with Simon, I was able to release a limitation that I had not consciously been aware of. This release has supported me in accessing more of my own gifts and my own brilliance and has increased my confidence and competence in key areas of my life. Thank you Simon for your sensitive, intuitive brilliance and your compassionate, professional, intelligent self. Your ability to listen deeply and to move into those deep places with profound care was-and-is powerful for me.

Simon d'Orsogna Certified Process Consultant & Immunity To Change Coach

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I felt a great sense of personal power when I discovered that and realised I had choices where previously I'd felt at the whim of what I'd thought was part of my temperament. I have experienced lasting behaviour change through this approach, something I'm very proud of! I highly recommend this approach and Simon as a coach. Simon is an excellent guide – gentle, clear, observant and insightful.

I'm deeply grateful to have found this approach, as I've been able to work with painful feelings and thoughts that I have avoided for years. Even avoided while not knowing I am avoiding. Thank you for helping to make my journey a positive one.

Meeting you, Simon, even via skype, it didn't take more than a heartbeat to know I'm safe to look for my truth. Sharp intellect, uncompromising respect. Rarely if ever in life have I met anybody able to offer and maintain such profound space for connecting and healing the way you do. THANK YOU - NAMASTE.

Simon is a trusted colleague, a multi-disciplinary facilitator and coach who hears and encourages subtle signals that surface in his clients' minds. He believes that all of us make ourselves immune to change. We cultivate safe havens of familiar behaviors that serve us well. When we're confronted by large undefined change - even if we say we want it - we will fight it with the antibodies we have created. They mindlessly protect us from anything unfamiliar. Age is NOT an advantage.

Now, in the most unlikely ways, I feel like I'm actively pursuing things that I knew I wanted to do. The heavy stone has yielded and begun to move. In its essence this work matches my original goal perfectly. I don't imagine I would be here without Simon's coaching and the vaccines he provided.

The sessions we have had together have made it clear that you are a very qualified and highly skilled coach. And unlike any other coach I have had before, your attentiveness and intuitive sense to know how to approach and guide me through tough moments left me in awe. Something that you provide in our time together offers me a place to go very deep and feel things that I may be quite afraid to feel or show, or even touch, with most others. For the first time in my life, when a deep and old pattern was repeating itself, I was able to stay with it without abandoning myself or retreating into the same old protective measures. The space you held provided a platform for me to explore the behaviour itself rather than how I was going to hide it or get rid of it. I feel, and know I am not speaking too soon, that this was a very important moment and I would not have been able to look at it without your presence.

Simon's sensitive, intuitive guiding and "right on" questions create a fluid environment for opening up one's inner realms in order to discover the next right step forward in one's living or work. His comfort with a wide variety of processes enable him to pick up the perfect approach for each particular situation. Brilliant!

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You are like a wilderness guide for the psyche. The trip is so much easier and enjoyable when the guide knows what to watch out for, when to set up tent and when to move on. Thank you for guiding me through this daunting territory and then out to where it is bright and clear.

Please accept my sincere thanks and appreciation for what you have done with me. This course and your coaching has changed my way of leading my life and leadership style. I am making this commitment that I will practice these learnings in my daily life and be a "loving person" for ever.



...thoroughly unprepared, we take the step into the afternoon of life; worse still, we take this step with the false assumption that our truths and ideals will serve us as hitherto.

But we cannot live the afternoon of life according to the program of the life's morning; for what was great in the morning will be little at evening, and what was true in the morning will at evening have become a lie.

- C.G. Jung

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