

# MANON Dulude



## Manon Dulude

Ph.D., (C)OACCPP, PCC,

Manon's philosophy toward life has been shaped by her many years of training and experience in the field of mental health and human development. She is committed to work with individuals, couples and professionals who seek to thrive and live healthy, meaningful and fulfilling lives.

### Certified Counsellor (C)OACCPP

Manon Dulude holds a Ph.D. in Human Development and Coaching (2012). She is a Certified Member with the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists.

She has over twenty-five years of solid and extensive experience as a Counsellor. The Georgetown private practice was established in 1995.

In addition to working with individuals and couples, Manon has worked extensively in the field of Critical Incident Stress Management and trauma recovery. In 1998, she was involved in supporting the search and rescue personnel of the Canadian Coast Guard during the Swissair disaster operation, and in 2001, the witnesses and survivors of the attacks on the World Trade Center in New York City.

### Certified Professional Coach

Manon introduced coaching to her practice in 2002. She achieved the Professional Certified Coach (PCC) designation with the International Coach Federation (ICF) in 2006. In 2011, Manon conducted a coaching research project with 138 participants. She volunteers as a credentialing assessor with the ICF.

She is also the co-author and creator of:  
The Coaching Continuum™ - a coaching model designed to assist coaches in determining their client's coaching capacity.

[www.forgecoachingandconsulting.com](http://www.forgecoachingandconsulting.com)



Services available in both English and French.

For information or to make an appointment,  
contact Manon at:

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# MANON Dulude

## Counselling Services

for individuals and couples

## Life Coaching

for individuals and professionals

Powerful Conversations  
for  
Personal Transformation

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# When you need a COUNSELLOR»»



## For individuals and couples

What is counselling?

Counselling offers support to explore and resolve life's struggles. The counselling process will help you to gain insight and new perspectives, develop effective coping mechanisms and grow personally.

When counselling helps

- Grief from loss or death of a loved one
- Transitions during separation and/or divorce
- Relationship challenges (affairs, intimacy, conflict)
- Parenthood of both intact and blended families
- Management of depression and anxiety
- Workplace conflict situations
- Self esteem, self confidence, self worth
- Childhood/ Family of Origin issues
- Stress/ Burnout
- Difficult life transitions

# Counselling Services Offered

## Individual Counselling

People seek out individual counselling for a variety of reasons. Whether it is to overcome a childhood trauma or a more recent distressing event, the goals of counselling are to re-establish one's sense of hope and personal empowerment, and improve quality of life.

## Relationship Counselling

Our intimate relationship with our spouse is a significant component of our wellbeing. It has the power to heal us from past hurts or to re-injure us. Unfortunately, most couples don't realize how they trigger each other. Relationship counselling reintroduces the concept of empathy and cherishing your partner - the keys to overcoming conflicts, disconnection and reclaiming love.

# When you need a life COACH»»



## For individuals and professionals

What is life coaching?

"Coaching is a thought-provoking and creative process that inspires clients to maximize their personal and professional potential.

Coaching is a partnering process which honours the client as the expert in his/her life and work and believes that every client is creative, resourceful, and whole."

Source: [Internationalcoachfederation.org](http://Internationalcoachfederation.org)

When coaching helps

- Harness one's strengths
- Redesign one's life vision
- Increase life satisfaction level
- Transition through career changes
- Develop meaningful and compelling personal & professional goals
- Implement an effective action plan
- Increase resilience
- Develop Emotional Intelligence
- Become clear and decisive

# Coaching Services Offered

## • Individual

The intimacy and immediacy of personal and private dialogue and in-office consultation.

## • Small groups

The advantage of sharing experiences together in one safe place and in benefitting from feedback of different points of view.

## • Face-to-face

Manon's office is a comfortable and private setting which facilitates personal exploration.

## • Telephone/ Skype

Manon's Ph.D. research has confirmed that on-line communications have proven to be just as effective and very practical where time and distance present barriers.



# Powerful Conversations for Personal Transformation

