



# VANDITA NIJHAWAN

ADULT COUNSELLOR

*A safe space to be heard,  
understood  
and supported.*

## A LITTLE ABOUT ME

- Enjoy music and meaningful conversations
- Family-oriented
- Can spend hours chatting with family
- Chai is basically a daily ritual
- Always happiest around good food, good people, and good conversations

## WHAT I VALUE

- Compassion
- Respect
- Cultural sensitivity
- Authentic connection
- Creating safe spaces

## MY APPROACH

- Person-centred
- Strengths-based
- Creative & reflective approaches
- Values-led support
- Grounding & mindfulness tools

## CONTACT

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## AREAS OF SUPPORT

- Trauma-informed support
- Grief & loss
- Family & relationship challenges
- Emotional wellbeing

## WHAT TO EXPECT

- A safe, non-judgemental space
- Genuine listening and support
- Collaborative goal setting
- Support at your own pace

*Helping people reconnect  
with their strengths  
and values.*