

Mental Coaching & Mentoring

“One in four people in the world will be affected by mental or neurological disorders at some point in their lives.
World Health Organization, Geneva



”**Workplace stress** makes up a significant part of the general mental health crisis. Changes in the economy and increased financial concerns translate into pressure at work. Workplace stress statistics reveal that heavy workloads, deadlines, and demanding bosses all contribute to the problem.

Stress due to work, if left untreated, can cause serious mental health problems for employees. There’s a financial burden, too; stress can lead to serious drops in productivity and end up costing a huge amount for both private companies and governments.” **The American Institute for Stress**



Mental
Wellness



Corporate
Mentoring



Championing
Women Leadership



Rewiring of
the brain



Domestic
Reconciliation

THE PREMIUM EXPERIENCE

ALL IN A DAY'S WORK!



PSYCHOTHERAPY/ COUNSELLING

Psychotherapy & Counselling has the benefit of giving clients someone to talk to. It can create a new way of looking at difficult problems, and help people move towards a solution. Executives can gain a better understanding of themselves and their own goals and values, and can develop skills for improving relationships.

HEAD MASSAGE BY A QUALIFIED PHYSIOTHERAPIST

Increased levels of cortisol & stress neurotransmitters and lowered levels of serotonin and dopamine all equal more stress. Head Massage not only has the opposite effects on cortisol, serotonin, and dopamine levels, but it decreases frontal right lobe activity in the brain and increases activity in the left. A head massage may help relieve stress and reduce tension. It may also ease migraine or headache pain, lower blood pressure, improve circulation to your head and neck, and promote hair growth.



HEALTHY, ORGANIC LUNCH & REFRESHMENTS

Lunch is an important meal for everyone. It provides energy and nutrients to keep the body and brain working efficiently through the afternoon.

FOOT DETOX MASSAGE BY A QUALIFIED PHYTHERAPIST

An ionic foot detox is said to work by pulling the toxins out of your body through your feet. Take, for example, the popular foot detox bath IonCleanse. ... The ions in the foot bath water supposedly hold a charge that enables them bind to any heavy metals and toxins in your body, similar to how a magnet works.



Write to us for more information and to schedule an evaluation session: office@dominicedixon.net <https://dominicedixon.net>

Dr. Dominic F Dixon

Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide." **World Health Organization, Geneva**



Dr. Dominic F Dixon is now taking on assignments for Corporate Mentorship and Mental Coaching for Senior Executives.

The author of seven publications and two textbooks on mental illness, Dr. Dixon derives his programs from his publications, "Pastoral Counselling & Psychology" and "Emotional Intelligence & Inner Healing", which are based on his rich experience of a journey with people who find a need of a coach with a conscience and compassion. Having faced several challenges and adverse situations in his own life, Dr. Dixon has been a champion to many.

Dr. Dixon, with a doctorate in Counselling Psychology, has over 15 years of experience in the areas of Psychological counselling, Corporate Mentorship and Mental Coaching. Dr. Dixon is currently an official CSO member to the United Nations offices in New York, Geneva and Vienna; advisor on corporate boards and international governments. He has coached executives of Fortune 500 Companies and other Corporates such as IBM, Microsoft, Apple, Yahoo, Google, EPSON, Canon, KPMP, PWC, Accenture, NGOs and intergovernmental officials.

Dr. Dixon has been interviewed in over 36 countries and has conducted his programs internationally.



CUSTOMIZED SESSIONS TO HELP YOU COPE

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