



Dr Barbara Sheil PhD, Dip Coaching  
Scientist, Educator, Fertility & Mindfulness Coach

Fertility issues and IVF are an emotional rollercoaster  
for you and your partner.

With the additional stress of appointments, finances,  
waiting and uncertainty, life can quickly become overwhelming.

Regain control and maximise your chances of success by talking  
with someone who knows firsthand the stress of  
infertility.

### HOW THERAPY CAN HELP

- Maintain a sense of control
- Understanding the emotion and stresses that arise
- Manage uncertainty and waiting
- Learn about pressure and how it impacts on your physical, cognitive and emotional health
- Navigate conflicting literature and advice
- Recognise when additional support is needed
- Change unhelpful thought and behaviour patterns
- Manage expectations
- Motivate and empower
- Learn mindfulness techniques to manage stress and anxiety
- Foster a sense of calm and resilience

# Happy Hippocampus



Dr Barbara Sheil is a scientist and coach. She combines her medical knowledge and therapy skills to help you manage the stress caused by infertility and support you in maintaining personal and professional success.

**“The greatest weapon against stress is our ability to choose one thought over another.”**

—William James

**Speak to Dr Barbara today to book an appointment.**

Appointments available in person or via Skype

- Individual / Couple therapy
- Group mindfulness programs
- Stress reduction workshops



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