

OCCUPATIONAL THERAPIST

passionate about building self-worth, finding joy and expanding resilience



I provide sensory, motor and trauma-informed support and can help you or your child to build confidence and find ways to participate in activities that are important and meaningful.

I will listen to your stories in a professional, safe, non-judgmental, and respectful way.

With a compassionate, empowering and individualised approach I can connect with you through play, movement, talking and action.

Together we can find ways for you to strengthen your support system, identify and regulate emotions, connect with your body and get active, adapt and master daily tasks, try new fun and creative activities, practice mindfulness, and reframe the way you think and speak to yourself.



OCCUPATIONAL THERAPIST
Igniting Resilience

Cell: 084715030

E-mail:

nikseymour@gmail.com