

## Biography



**MBACP Registered  
Psychotherapist & Life  
Coach**

Angela Sterling-Noel is passionate about the emotional wellbeing of people from all generations and her life's mission is to *empower others to effectively design their lives for excellence and purpose.*

Since 2003 has been working in private practice as a Counsellor, Psychotherapist, trainer, and Clinical Supervisor. She is also a certified Systemic Practitioner and applies a systemic approach to both therapy and coaching.

She specialises in trauma and abuse; and has a special interest the inner-child and the systemic impact on families. Her clientele includes Couples, Families, Children, Adolescence and Individual adults.

Throughout the many years of her career, she has studied several approaches to counselling and psychotherapy in her quest to help her fellow mankind with the various challenges that they face. She does not believe that one shoe fits all and therefore helps each client's unique presentation of issues with a programme tailored to their specific needs. She is also a certified NLP Practitioner & Life Coach and specialises her coaching practice in relationship and divorce coaching, giving her client's back the joy, they lost.

She provides CPD training for Counsellors, and Psycho-Education workshops

for clients and the public, in subjects on abuse, stress, depression, anxiety and the power of gratitude for healing emotional pain.

Angela is the author of. *Fruits of Gratitude: A Self-Healing Journey Through Gratitude.*

Formerly she was a Senior Lecturer in Counselling at Buckinghamshire New University and a Counselling Coordinator at Youthline Ltd. During this appointment she supported the development of trainee counsellors and worked with parents and their children's emotional wellbeing

She is grateful for the opportunity to touch the lives of so many over the years and making a difference. Her satisfaction is in seeing the transformation of her clients and empowering others to do the same through... *motivational speaking, teaching, writing.*

Angela is a mother of two adult sons and loves reading, singing, watching great movies, travelling, walking, the theatre and has a zest for the richness that life has to offer.