



SCAN TO BOOK A SESSION

www.rachmanas.com



Helping you engage with your professional space with clarity, composure, and a stronger sense of self

Workplace Adjustment Counseling

Designed for professionals looking to strengthen their sense of identity at work

Certified Experts

Ethical Practice

Fully Confidential

Evidence-Based

Starts@49*

When everyday interactions at work begin to feel tense, draining, or harder to navigate, you may be experiencing...

Workplace Friction



- ✓ Understand the patterns behind recurring tension with colleagues or teams.
- ✓ Respond with clarity and professionalism without escalating conflict.

Work can begin to feel collaborative again



Expectations keep rising, & the pressure to perform never seems to pause, it slowly turns into...

P

erformance Pressure



- ✓ Manage rising expectations without constant internal strain.
- ✓ Build sustainable ways to perform without carrying silent pressure.

Confidence returns when clarity replaces self-doubt.

Work stretches beyond healthy limits and saying no starts to feel professionally risky, it may reflect...

B

oundary Strain



- ✓ Recognize when work is quietly overtaking personal time and energy.
- ✓ Establish professional boundaries that support both productivity and well-being.

Healthy boundaries make sustainable success possible.

Workplace challenges quietly begin affecting how confident you feel in your abilities, which lead to...

C

onfidence Erosion



- ✓ Rebuild professional confidence after criticism, setbacks, or persistent doubt.
- ✓ Strengthen clarity in how you approach decisions and responsibilities.

Confidence returns when clarity replaces self-doubt.

