

# The Etiquette Guy

CIVILITY COUNSELLING

We all find ourselves...

*Facing Challenges*

*Exploring Opportunities*

*Experiencing Difficult Transitions*

*In Need of Etiquette Advice*

*Planning an Important Event*

...and many more Life Experiences that cause stress.

I provide counselling based on "*The Six Pillars of Civility*" a system I have developed to look at any situation that produces stress. I offer my unique perspective, and help you to develop a logical path, enabling you to reach your own conclusion on how to best handle your challenges and opportunities. By combining "*The Six Pillars of Civility*" – Compassion, Humility, Awareness, Responsibility, Gratitude, and Encouragement – with the principles of The Golden Rule and Common Sense, I can help you see your world differently.

I have studied human dynamics with some wise and wonderful people, many who have mentored me through some complicated life experiences. For over 40 years I have studied through observation; I have learned from my life experiences; and I have reached the point where I can now share what I have reaped, and that which I continue to reap, with people who are confused or who feel lost on their journey.



I am not a social worker or psychotherapist. I do not use psychotherapeutic techniques. If I think you need to seek professional counselling from a licensed therapist, I will direct you accordingly.

For further information or to discuss booking an appointment (in person, by telephone, or via Skype), please email me: [jay@etiquetteguy.com](mailto:jay@etiquetteguy.com) or phone 506-469-5000.

*Discretion and confidentiality assured. Privacy respected.*