



# UNISCAPE

— CAREERSCAN —



## PSYCHO-SOCIAL COUNSELLING

**SUPPORT THE PERSON.  
STRENGTHEN THE JOURNEY.**

Helping learners navigate emotional, social and personal challenges while building resilience, confidence and wellbeing.



WELLBEING



SUPPORT



RESILIENCE



GROWTH



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Blue Violets Plaza, Ground Floor,  
Kindaruma Road / Kamburu Drive



*Let's talk.*

Because every learner  
deserves to be heard,  
understood and supported.

UNDERSTAND • EXPLORE • DECIDE • SUCCEED

# UNDERSTANDING THE WHOLE LEARNER



A learner's academic journey is closely connected to their emotional, social and personal wellbeing.

Psycho-social counselling provides a supportive and confidential space where learners can explore challenges, express their concerns, develop healthy coping strategies and build the confidence to move forward.

## THE WHOLE-LEARNER APPROACH



### EMOTIONAL WELLBEING

Understanding and managing emotions, stress and difficult experiences.



### SOCIAL CONNECTION

Building healthy relationships, communication and positive interactions with others.



### PERSONAL GROWTH

Developing self-awareness, confidence, resilience and a stronger sense of self.



### ACADEMIC & LIFE BALANCE

Navigating pressures, responsibilities and challenges that may affect learning and everyday life.

## WHEN SUPPORT CAN HELP

A learner may benefit from a supportive conversation when they are experiencing:

- ✓ Academic or performance pressure
- ✓ Stress, anxiety or overwhelming emotions
- ✓ Difficulties with relationships or social situations
- ✓ Major life or educational transitions
- ✓ Low confidence or self-esteem
- ✓ Difficult personal experiences or challenges

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Sometimes, the first step  
toward feeling better is  
simply having **someone who listens.**



# SUPPORT THAT MEETS THE LEARNER

Every learner's situation is different.  
Our counselling support is designed to provide  
an appropriate, safe and supportive space for  
individuals, families and groups.



## OUR COUNSELLING FORMATS

01



### INDIVIDUAL COUNSELLING

*Personalized  
one-on-one support*

A confidential space where  
learners can explore personal,  
emotional, social and academic  
challenges at their own pace.

02



### FAMILY COUNSELLING

*Strengthening  
communication and  
relationships*

Supports families in understanding  
challenges, improving communication  
and building healthier relationships.

03



### GROUP COUNSELLING

*Growing through  
shared experiences*

Creates a supportive environment  
where learners can connect,  
communicate and learn alongside  
peers facing similar challenges.

04



### CRISIS COUNSELLING

*Immediate support during  
difficult moments*

Provides timely support focused on  
safety, emotional stabilization and  
connecting individuals with appropriate  
further assistance when needed.

## OUR CORE APPROACH



### EMPATHETIC LISTENING

Creating a space  
where learners feel  
heard and understood.



### ACTIVE COMMUNICATION

Encouraging open,  
respectful and  
constructive  
conversations.



### PSYCHO- EDUCATION

Helping learners  
understand emotions,  
behaviours and  
coping strategies.



### EMPOWERMENT

Building confidence,  
self-awareness and  
the ability to make  
positive choices.



### SOCIAL-EMOTIONAL WELLBEING

Supporting healthy  
emotional development  
and positive  
relationships.

LISTEN. | UNDERSTAND. | SUPPORT. | EMPOWER.

# YOU DON'T HAVE TO NAVIGATE ALONE



At Uniscape Careerscan, we are here to walk with you — offering understanding, guidance and support every step of the way.

## WHO WE SUPPORT



### LEARNERS

For emotional, academic and personal growth and wellbeing.



### FAMILIES

For stronger relationships, understanding and support.



### EDUCATORS

For guidance in supporting learners' social and emotional development.



### SCHOOLS & INSTITUTIONS

For building a supportive and wellbeing-centered environment.



### THE COMMUNITY

For a healthier, more supportive and connected community.

## WHAT LEARNERS CAN GAIN



### BETTER SELF-AWARENESS

Understand your thoughts, emotions and behaviours.



### STRONGER RELATIONSHIPS

Build healthier connections with family, friends and peers.



### IMPROVED CONFIDENCE

Develop belief in yourself and your ability to succeed.



### RESILIENCE & COPING SKILLS

Learn practical ways to manage stress and overcome challenges.



### BETTER FOCUS & PERFORMANCE

Improve focus, motivation and overall academic outcomes.

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Every conversation is a step toward healing, growth and a brighter future.



## TAKE THE FIRST STEP

Reaching out is a sign of strength. We are here to listen, support and guide you.



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