

Staff Counselling

Rowan provides staff counselling services to organisations throughout Scotland.

- A confidential service to the individual, with agreed feedback to the employer
- Self-referral or management referral
- Increases productivity
- Reduced absence rates
- Frees up management time

Customers include: Capability Scotland,
University of Abertay, Dundee

Workplace Mediation

Mediation is a process whereby an impartial third party works with two people in conflict enabling them to reach a mutually agreed, constructive resolution

Mediation is less costly than tribunals, less acrimonious and time-consuming than formal dispute resolution methods

Customers include:
Strathclyde Fire and Rescue

Who are we?

Established in 1997, ROWAN is recognised as one of Scotland's own leading specialist businesses in facilitating personal and organisational growth and development.

Rowan enjoys a growing reputation for the quality of its professional approach to confidential diagnostic work and practice of its professional skills.

Rowan consultants include former senior executives, academics and highly regarded practitioners of the rapidly developing range of skills that can facilitate change in personal, professional and organisational lives.

Rowan is on the COSCA register of recognised counselling organisations. All professional practice is closely supervised.

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Personal and Organisational Development

A holistic range of resources for individuals, businesses and organisations of all sizes.



Management Training

Rowan provides reflective, experiential training for managers.

- Moving into Management
- Performance Management
- Effective Meetings
- Conflict Resolution
- Managing People
- Managing Change

Customers include: Perth College, City of Dundee Council

Staff Training

Rowan can provide:

- Anger Management
- Stress Awareness
- Assertiveness
- Handling Bad News
- Valuing Diversity
- Effective Listening
- Work/Life Balance
- Self Awareness through Creativity

Customers include: Angus Council, Perth and Kinross Council

Coaching

A regular place to reflect on important issues in your life. Anybody including senior managers and owner-managers benefit from having an independent coach.

Gain a clearer focus on what you want from work, your vision, your purpose and goals.

Customers include: Perth College

School Counselling

Rowan provides pupil and staff counselling services to schools.

Customers include: Kilgraston School, High School of Dundee

Team Facilitation

Rowan facilitators can help your team reflect on their goals, dynamics and processes. We use creative methods to stimulate discussion and interaction at away days and team development days.

Customers include: Dundee City Council

COSCA Certificate in Counselling Skills

- a stimulating, experiential course, developing counselling skills and self awareness
- 40 SCQF credits at Level 7
- for those working with people in a professional or voluntary capacity
- can be delivered in house

Customers include: Careers Scotland, Perth & Kinross Council

Individual, Couple and Young Persons' Psychotherapy

We offer confidential counselling to individuals and couples in Perth, Dundee and Markinch. We provide specialist counselling for young people aged 8 and upwards in Perth.