

# ESCD – Emotional, Social, Communication Development

Supporting individuals understand, accept and develop internally and externally through proven therapeutic techniques.

Emotional, Social, Communication development in individuals differs greatly amongst peers.

Individuals who struggle in any of these areas present signs in many different ways from anger, frustration and bossiness through to worry, lack of focus, and muteness. Being able to understand our experiences and learn personal techniques and exercises that can assist us in moving forward is hugely beneficial and a key area of personal growth and responsibility.

Assisting individuals with:

- Anger
- Anxiety
- Behaviour
- Bereavement
- Bullying
- Change
- Divorce
- Eating Concerns
- Fears / Phobias
- Obsessive Compulsive Tendencies
- Understanding Mortality
- Self-Esteem
- Self-Confidence
- Social Communication
- Social Etiquette
- School Phobia

- [Worry](#)

*amongst others*