

# flyingstart



**Name:** Jennie Cummings-Knight  
**Age:** 49 years  
**Business:** Golden Leaf Counselling Services  
**Service:** Counselling and Training Services for life issues  
**Website:** [www.goldenleafcounselling.com](http://www.goldenleafcounselling.com)  
**University:** University of York St. John

**About Golden Leaf Counselling:** A South Yorkshire based Cognitive Behavioural Therapy (CBT) and Integrative Counselling Service, including stress counselling, for individuals and businesses. Golden Leaf also offers an integrative service - different ways of counselling are woven together to suit the client.

**Description of business:** One to one counselling for personal life issues, group training in personal development areas such as stress, anger management, assertiveness. Golden Leaf also offers a substance misuse specialism.

#### Services offered:

- A Personal Development Individual Programme to maximise employment potential by developing soft skills.
- Businesses: for those concerned about occupational health, Golden Leaf offers cost effective stress counselling (small group work or for individuals).
- Working in collaboration with Force 10 Recruitment (getting ex-servicemen into employment).
- Working on collaboration with Doula Consultancy Services (birthing assistance services for mothers and families).

#### At a glance....

**Degree:** M.A. Counselling  
**Graduated:** 2008  
**Started Trading:** 2008

#### Jennie Cummings-Knight on how FlyingStart has helped:

'FlyingStart gave me that little bit of extra impetus to get things moving and start working for myself. Advice on building a website and networking has been useful, as has access to a mentor.'

#### About the FlyingStart Programme

This 12-month business start-up programme for new entrepreneurs is delivered by the NCGE and supported by the UK Government's Department for Business, Innovation and Skills (BIS). An intensive three-day residential training course is followed by 12 months' specialist mentoring and support. The aim is to have 60% of all graduates trading within one year. FlyingStart ensures all new graduate businesses have a ready-made national and regional network, a dedicated mentor, appreciate the 'know-hows and know-whos' of practical business, and understand how to make money.