Pana Leontiadu

Master of Counselling / Bachelor of Social Work

- Provisional Member of NZAC (New Zealand Association of Counsellors)
- Director and Founder of Wavewise Surf Therapy

Kia Ora! My name is Pana and I am a counsellor for Homebuilders West Coast Trust. In my role, I work with adults and youth from the age 13 to support them with their mental wellbeing through a Solution-Focused approach of counselling combined with elements of Acceptance and Commitment Therapy and a holistic understanding of the Mind-Body-Connection.

Through my Greek whakapapa on both sides of my family and being born and raised in Germany, I bring understanding for cultural and personal diversity. I believe in creating a safe space for my clients, in which they can reflect and thrive by finding their existing strengths, their true nature and their future possibilities. In our sessions, my clients are the expert for their life – I am the facilitator for their own journey so they can take off on waves of life and to their desired future.

Inspired by the ocean and the surf, I place value on working with metaphors – especially those the ocean and my client's world provide. I work authentically, transparently, openly, relationally and also make space to share humour with my clients.

I have studied Social Work in Germany and worked with youth and families in school- and community-settings until I left to follow my passion for surfing in 2014. After an extended period of travel, I started working as a Social Worker for Homebuilders West Coast Trust in 2016. In the meantime, I started Wavewise Surf Therapy and studied my Masters of Counselling at the University of Canterbury to commence work as a Counsellor.