



Drive or defer? Aspire or accept? Seek or settle?

You have the power and responsibility to set the course for your life.



Donna B. Gill

M.S., NCC, LPC, LCDC

As a Licensed Professional Counselor, Donna is skilled as a mental health professional and career counselor. A breast cancer survivor herself, she also works with clients who may be experiencing difficulties related to a chronic physical illness. Donna recently served as a professional counselor with a large private practice in Dallas. She earned her Master's Degree from Southern Methodist University (SMU) and is a National Certified Counselor (NCC). In addition, she is a Licensed Professional Counselor (LPC) with a focus on Career Counseling and a Licensed Chemical Dependency Counselor (LCDC).

Before counseling, Donna owned her own company and worked for and eventually led a healthcare company for more than 30 years. She was born in Missouri, moved to Texas early in her career, and currently resides in Plano. She is married with two adult daughters and is pleased to have helped many of their friends as teens in her unofficial capacity as "the mom who everyone could talk to."



A life by design, not by default.

The many inflection points we encounter in our personal and professional lives come with choices. Sometimes we know the answers, but sometimes we need help getting to that next stage. It's okay to need help, and it's even better to ask for it.

For example, we spend about 1/3 of our time on work-related pursuits that affect the other 2/3 of our lives. So why not write the script you want to fulfill rather than relinquishing control and reacting to what happens? Why not make this one and only life the **best** it can be?

Life by Design Counseling Group helps clients navigate life's transitions with confidence and clarity:



Handling life-changing events such as divorce, illness, or death, and their impact on mental health and career trajectory.



Completing high school and finding the right career path, whether it involves college, vocational training, or another route.



Advancing from college to work and maintaining momentum.



Steering through career changes and mid-course corrections.



Shifting into retirement and a new and different lifestyle.

We work with clients aged 14 through adult in mental health counseling,

including the effects of these major milestones and other aspects of their personal journey. It may involve anxiety, depression, grief, body image and disordered eating, chemical & behavioral addictions or dependencies, or the simple need for assessment, direction, and management. Our principal, Donna B. Gill, combines the empathy and compassion of overcoming her own personal challenges with more than 30 years of building and leading a major healthcare organization, which led to her adoption of counseling as her true passion.

She employs a holistic approach to her practice, addressing all aspects of the **Wellness Wheel**—spiritual, physical, emotional, social, and occupational health. Donna helps clients discover root causes, hidden issues, or essential talents with specialized assessment tools, and then works with them to alleviate the causes of stress, indecision, or uncertainty in their lives and careers and create real change.

Take the next step.

Life should be fulfilling, and work should be an outlet for our creativity and ambition.

It's never too late to change course, and asking for help is a sign of true courage. Contact us today for a confidential consultation and appointment:



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Mental health
counseling for
life's transitions.

