

Frequently Asked Questions

How can I be sure coaching is for me?

The initial 30 minute chat establishes whether coaching is right for the client at that time. During our chat together, we can chat about what has made you curious about coaching and the process involved. If you feel it isn't right, there is no obligation whatsoever.

How is coaching different when the client is a child or young person?

Sessions can be slightly shorter to suit the age of the young person, but on the whole, sessions are designed to help the client identify obstacles whether in school, social situations, or daily routines. I partner with the client to explore new ways of thinking and practical strategies.

How can I be sure that it will work?

Coaching offers a supportive, non-judgmental space to explore thoughts and ideas about self perception among others. Having a space to think out loud and be really listened to can have transformative effects. It's not about quick fixes but about empowering the individual to identify challenges and create their own solutions.

Does there need to be a diagnosis?

Absolutely not. It's fine to be on a waiting list or even just to be at the start of the journey.

What are the most common issues seen in clients?

Anything and everything - it's all down to the individual. Personalised coaching begins with the planning and strategy meeting where we can discuss what matters to you most.

Who sets the agenda?

Whether you are seeking support for yourself or for a young person, you may have clear ideas about the areas you would like to focus on. However, in coaching, it is the individual, whether an adult or a young person, who sets the agenda. They are supported in identifying and addressing the issues that matter most to them.

Are coaching sessions confidential?

All sessions will be kept confidential, unless there are concerns about safety or the safety of others. I do offer check in sessions with parents or caregivers but these will not breach the confidentiality agreement between coach and client.

What is mentoring and how is it different from coaching?

Mentoring centres more around the actual skills of studying. It can involve advice, guidance and support in discovering strategies and methods of studying that the individual needs. After an initial consultation, the student can be guided in a number of different strategies depending on their needs. Examples are: revision methods, note taking, organisation, time management etc.

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What lived experience of ADHD do you have?

Both of my children have ADHD. My son was diagnosed at the age of seven and supporting him through school was not always easy, but we did it! My daughter was diagnosed much later. Growing up, she found challenges in forging friendships, emotional dysregulation and self-motivation. I was diagnosed in early 2025 so understand the challenges of ADHD from a **personal perspective**.

What qualifies you to be a CPD provider?

I hold an NPQML, and as a former Head of Faculty, I have extensive experience leading and supporting large teams of teachers. For several years, I trained student teachers, shaping their development and honing my ability to provide effective feedback. Later in my career, I played a key role in implementing whole-school literacy initiatives, driving improvements in areas such as reading, disciplinary literacy, growth mindset, and supporting teachers seeking to deepen their understanding of ADHD.