

Frequently Asked Questions

How is coaching different from therapy?

Coaching focuses on the present and the practical. We look at what is getting in the way right now and put strategies in place to help your young person move forward. We are not analysing the past or diagnosing. The work is solution focused and strengths based.

How do I know if my child needs coaching?

If your young person feels stuck, overwhelmed, disorganised or constantly frustrated despite trying hard, coaching can help. It is particularly useful when confidence has taken a knock and they need structured support to rebuild momentum.

What happens in a session?

Sessions last an hour. We explore what is coming up that week, break down challenges into manageable steps and agree on practical actions. Each session includes a short summary and clear next steps so progress feels steady.

Will I be told what my child says?

Your child needs a space where they feel safe to speak openly. I will not share personal details without their consent unless there is a safeguarding concern. However, we can agree appropriate check ins so you feel informed and involved.

How many sessions will my child need?

We usually begin with six sessions. For some young people this is enough to build solid foundations. Others benefit from longer support. We review progress together and decide what feels right.

What if my child refuses to engage?

Coaching works best when a young person chooses to be there. The initial chat helps us assess readiness. If there is strong resistance, we may need to explore timing first rather than pushing forward.

How quickly will we see results?

Frequently Asked Questions

Some changes happen quickly, particularly around organisation and planning. Deeper confidence building takes longer. The aim is steady, lasting progress rather than quick fixes.

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.