

Frequently Asked Questions

How can I be sure coaching is for me?

Our first 30 minute chat together will help you decide if I am the right person for you to work with.

What is coaching?

Coaching is NOT me telling you what to do and how., I listen to you as you describe the areas you feel most stuck in and then in each session we will unpick your thoughts and actions and how you might approach things differently. You already have the inside knowledge on yourself but sometimes it takes another person to help you see it from a different angle.

Is it just talking?

It's not therapy. We're not digging through your past unless you want to. Coaching is about what's happening now and what you want to change.

Do I have to share loads about my life?

You don't have to share loads about your life. You choose what we talk about. Some people come with loads to say. Some don't. Both are completely fine.

What if I don't know what to say?

If you don't know what to say, that's my job. I'll ask questions, guide the conversation and help you work things out. There's no pressure to perform or "do it right".

Is it like therapy?

It's more like having someone on your side helping you untangle things and figure out your next steps.

How can I be sure that it will work?

If you are open to change and want to move forward then I will support you through check-ins and support. There's no pressure if you feel that you'd like to try different options, I don't judge.

Are coaching sessions confidential?

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All sessions will be kept confidential, unless there are concerns about safety or the safety of others. I offer check-ins from parents but I will always check with you if there's something you feel comfortable telling them yourself.

How often do we meet?

Once a week for approximately six weeks. Each session is an hour long.

What if I've already tried loads of strategies?

That's okay. Coaching often brings out some of the underlying problems that can help strategies to work. Quite often when we talk, we think and as I mainly listen you'd be surprised what gets worked out.