

IF YOU DON'T START YOUR **JOURNEY**, YOU'LL NEVER FIND YOUR DESTINATION.

- Coaching is a temporary process, usually consisting of 5 sessions, which normally begins and ends within 6 months.
- Coaching is completely confidential and can help you to take a step back from the day to day pressures and enable you to take a fresh look at challenges or decisions that you're facing.



It's easy to continue to head in a particular direction that may not be the right one for you. It can be very useful to process things with someone who you're not closely involved with and who is impartial, to enable you to gain a new perspective on your situation.



I take notes as we go and these are available at the end of the session.

Coaching can be a challenging process and is not about providing advice. Through incisive questioning and creative tools and techniques, it will enable you to build towards a plan to move forward in a way that fits with you and the people you're close to. Coaching is about getting you to make decisions about your life.



We offer a free 45 minute taster session. This is usually face to face but can be by phone or Skype. At the end of the session, it will be clearer whether coaching will help you and how.

At the beginning of the process, we'll agree some coaching objectives and sign a coaching agreement. Usually meetings take place once every 3 or 4 weeks but can be more frequent if required.

Early on in the process there is a lot of observing, listening and questioning, to be able to fully understand your situation.

We provide many different types of coaching you will find more information about this in the service pages of our website.

You can also touch base by email in between sessions.

If you consider coaching may be something that you would find useful, then please leave your details and I will contact you for an informal discussion.