



Life Coaching frequently asked questions.

How long is a coaching session?

My coaching sessions are for 60 minutes. Typically, most coaching sessions last between 45 mins - 1 hour.

How many coaching sessions will I need?

This varies greatly from person to person, and it depends on what level of support you are looking for and what you are looking to achieve from your coaching sessions.

Some people have a coaching session every week, some have one every month and some just have them as and when they feel like it. It's entirely up to you what you decide feels right.

I offer individual sessions so you can just have them as and when you feel like you want them, or you can book a package of coaching sessions if you are looking to work on a particular goal, desire, challenge which will benefit from a series of coaching sessions. Booking a bundle works out more cost effective.

What happens in a session?

After completing a short onboarding form about what you would like to gain from your coaching sessions which is completed before our first coaching session, we then discuss this at greater length, so we are both clear on what it is you want and then together we start working towards this from the get-go.

Our sessions can be conducted over zoom, over the phone or face to face in my garden office at home in Woodbridge, Suffolk if it's a suitable location for you whatever way works best for you. You may decide to do a combination of the above.

Is the price the same for face-to-face coaching sessions vs zoom or telephone coaching?

Yes. Whatever way you prefer to be coached the price is the same.

The price only differs depending on the package you choose such as if you decide to have additional support in between your sessions. This is broken down for you on my coaching page.

Do you as the coach tell me what to do?

No. Coaching is seen as a partnership between me the coach and you the client. I will encourage you to explore how to make positive changes in your life based on your aspirations. I will challenge your fears, blocks and doubts and I will offer you support and feedback to help you stay focused on your goals, dreams, and desires as well as holding you accountable.

I will at times when appropriate set you fun homework to complete before our next session or set you tasks and objectives to work on outside of our coaching sessions.

Will our coaching sessions be confidential?

Yes. All clients are assured of confidentiality about any disclosed material in accordance with professional codes of ethics. I will always respect my client's privacy however if a situation arises that involves serious risk of harm to themselves or someone else, I will contact the appropriate health service.

I destroy inactive files after three years in order to assure clients total confidentiality.



What are the differences between Coaching and Counselling?

In a nutshell coaching focuses primarily on a client's present and their future. It's about helping you understand where you are now, and where you want to get to. Coaches help their clients achieve their goals/ambitions more quickly than they would alone.

Coaching is focused on personal growth and professional development.

The emphases in a coaching relationship are on goals, action, accountability and follow through.

Therapy or counselling is designed to help you work through deeper issues such as anxiety, depression or trauma and the focus is more on the past and the present.

The common goal of all therapists is to relieve suffering and achieve a healthy state of being and functioning.

Coaching is for people who are functioning well but want to make positive changes in their life.

Counselling and therapy focus on emotional and psychological difficulties and issues to help them bring about effective change and enhance their wellbeing by healing pain. Coaching alone is not suitable for helping clients understand their past or processing negative experiences.

I am personally trained as an integrative counsellor and hypnotherapist as well as being a coach so I will use all my experience and knowledge to help you get the results you are looking for, if however I feel at any point you may be better suited to a different type of help or therapy then I will refer you to somebody who can help you such as a health care professional or specialist counsellor.

I take my self-development very seriously and I am continuing looking at ways to learn and grow so I can provide better results for my clients and myself and so I am fully committed to ongoing training and development, and this will never change as I love to learn new things.