

Frequently Asked Questions

What is Coaching?

Coaching allows you to explore what it is that you want from life and how you can make positive changes to make your life more happy and enjoyable. The process helps you to learn more about yourself, see things you may never have seen before and discover new ways of creating change in your life.

Coaching can be one-to-one (face-to-face, by phone or via Skype/Facetime/Hangouts) or in groups both online and in person and has a process that helps develop knowledge, skills and behaviours through questioning and exercises to build a strong understanding of your situation, and how to move forwards from it.

There are three main areas that I cover in my coaching session:

Positive: I ensure that all sessions remain positive and in a good place so that your experience and journey are as enjoyable as possible (even if you are working your way through something difficult)

Supportive: I am here to support you on your journey and to help you in the best way for you. I adapt the sessions to meet your specific needs and can alter it at any point should we need a new kind of support.

Challenge: A big part of coaching is that it challenges your perception of the world and the way in which you want it to be. It enables you to see things you have never seen before and reflects things that you may never have been told before. Because of the positive and supportive nature of coaching, the challenging part becomes enjoyable as you explore sides of yourself you have never experienced and learn to free yourself from the things that are holding you back.

What coaching is not.

Coaching is not therapy. It does not focus on your past, healing deep emotional wounds, or resolving symptoms, such as those of anxiety or depression. The coach assumes that the client is capable, creative and whole and able to work with the coach to develop a plan based on the client's values and goals.

Coaching is not consulting. Unlike a consultant, who is hired to provide the answers, the coach is not in a role to know all the answers and solve all of the client's problems. The

coach may frequently challenge the client to take action toward their goals, but does not "tell the client what to do".

Coaching is not friendship. While the give and take of relationship is vital to all of us, coaching differs in that the focus is all on the client and what will give them maximum benefit.

Coaching is not cheerleading. Anyone can offer basic support and encouragement; however, a coach also teaches specific skills to help people change their behavior.

Why Coaching?

Everyone needs a bit of support sometime in their life and coaching is an excellent form that helps you to create big transformative shifts in your life.

Coaching is about bringing positive change into your life and allowing for personal growth. It is a way overcome things that are stopping you from getting to where you want to be and helping you to understand what it is that stops you.

Sometimes people come to coaching because they have a specific goal that they would like to achieve but don't know how to go about achieving it or have tried and found that something seems to be stopping you and you don't know what it is. Or you could come with an overall issue that you would like to work through during a series of sessions. This is normally an issue that you wish to make a transition towards and need a supporter and cheerleader to help keep you on track and motivate you.

What happens in a coaching session?

The session consists of a powerful conversation between you and your coach. It uses a range of questions to help you to discover more about yourself and your situation alters your perception of the world and enables you to create a plan of action to move towards positive change. You may create a goal during the session and decide on deadlines that the coach will be able to support you with and keep you accountable to, helping you to move forwards and take action. #

The sessions (both group and one-to-one) are completely confidential so anything that is spoken about remains only with the coach or group you share it with.

How is coaching different than talking to a friend/relative?

Coaching differs from talking with a friend/relative because the coach is detached from your situation and will reflect and show you things that people close to you wouldn't. Friends and relatives want to keep you safe and will protect you from things which might upset you. A coach is able to show you these things without judgement in order for you to learn about yourself and move forward over the barriers that have kept you stuck in the past.

What I offer.

I offer a number of different packages to suit your personal needs including:

One-to-one sessions in person, telephone or video call

Email and text support

Bespoke workbooks and tailor-made exercises to support your journey

Group sessions online and in person focusing on specific aspects of change

Training and Workshops

If you have any more questions or would like to explore how coaching can help you please call me,

Sarah, on 07740 34273

I offer a FREE 1 hour consultation chat where we can explore where you are and where you want to be while getting to know whether we are a good fit for each other.

There is no sales pitch, so don't be put off!