



Do I Need A Coach?

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Coaching vs Therapy

There is a little bit of crossover between both roles. But, as a rule of thumb, think of counselling as something that takes you back into childhood and sorts through some trauma or issues/situations whereas coaching may touch on your past and respect the part it has played in your life and will then keep you very much in the present, guiding you to move forward.

What Sort Of Things Can Be Coached?

Not just football! As a Coach, I am naturally hardwired to help people achieve their goals. That could be finding a new job, leaving a relationship, being more creative, making decisions, building a business, writing a business plan, help with procrastination, issues with relationships and much more. I am trained as an in-depth psychological Coach which means I am able to determine the root causes of things that are blocking you from moving forward. Many of my clients do not have any goals.



I Can't Afford It

I get it. Really, I do. When I was on Universal Credit and going through a divorce, all I wanted was professional help but I had no money. I have tried to give a variety of options that meets everyone's budget, including a free 30 minute call where we can thrash out a surprising amount of stuff in a short time. Please talk to me about discounts and instalments if you are on benefits or low income.



I'll Just Get A Coaching Book

Been there, done that! I have read over 300 books on psychospirituality, psychology, coaching, healing and therapy and it's been awesome. The one thing, I realised, that it cannot do is act as a mirror to your unhealed "stuff"..

Crazy stuff happens when you work "with" someone; the dynamic means that I can notice things perhaps that are happening that you might not realise and I can mirror back to you what you are feeling and expressing in a way that is usually transformational to my clients.

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