



FREQUENTLY ASKED
QUESTIONS

Life Coaching



Is coaching like counselling?

In short, no. Coaching is a solution and future-focused approach that uses positive psychology to improve your wellbeing and natural strengths.

However, it does use a lot of similar skills as counselling and sometimes, unpacking past experiences can help.



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Can we pay in installments?

We want to support you on your journey to your best possible self and that can mean bespoke payment plans!



Do we have to do a lot of writing?

While writing has its merits and its benefits have been studied extensively, we will always work to your strengths (with gentle challenge, of course) and find a way to work that best suits you!



***Why do I need a coach?
I could just motivate myself!***

If you can motivate yourself then you probably don't need a coach- although we do a lot more than that! There are lots of barriers stopping us achieving our goals, and studies have shown that coaches make a huge difference! This is why coaching is a lifetime investment (like therapy or gym memberships) and we are actually one of the most competitive prices in the field!



What are your fees?

It is not fair to charge the same price to an unemployed single parent as I would to a CEO. (my clients are so diverse!)

We are invested in supporting EVERYONE'S journey and we would be happy to provide rates on a case by case basis, so please don't let your financial circumstances stop you from reaching out to us!

We can discuss this more in our free chemistry call!



*Still have a question that we haven't
answered for you here?*

*Get in touch with us on any of the
platforms below:*

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