



ONLINE COACHING

INFORMATION, TERMS & CONDITIONS

AREAS OF COACHING

Whether your goal is personal, professional, or relational, coaching offers a structured yet creative space to reflect, experiment, and grow.

- Self esteem & confidence
- Life purpose & career direction
- Creative expression
- Leadership & performance
- Procrastination & perfectionism
- Relationship challenges & break ups
- Dating confidence & intimacy blocks
- Emotional intelligence
- Personal goal setting
- Resilience & stress management
- Work life balance & well being
- Limiting beliefs
- Entrepreneurship & start up mindset



MY APPROACH TO COACHING

My role is to create a safe, non-judgemental and stimulating environment where you can think deeply, honestly, and without pressure. Drawing on both my experience and evidence-based coaching methods, I ask thought-provoking questions, reflect back what I hear, gently challenge inconsistencies, and support the unfolding of your own insights and clarity.

I use principles of Solution-Focused Coaching, which helps clients move forward by building on what's already working. Together, we will:

- **Clarify what you really want** by focusing on a clear, positive goal rather than dwelling on the problem.
- **Uncover what's already helping**—your existing strengths, resources, and moments of success.
- **Spot the exceptions**, those times when things were going better, and explore how you made that happen.
- **Use simple scaling tools** to see where you are now and what a small step forward could look like.
- **Decide on doable next steps**—concrete, realistic actions you can take right away to keep momentum going.

You remain in charge at every step: you define the goals, choose the strategies that feel right, and decide how to put them into practice.

In addition, I offer tools or suggestions that could support your progress. However, it is entirely up to you to evaluate whether these tools are useful and to decide whether to include them in your strategy and action plan. I will also support you in being mindful of how you feel—especially when your emotions differ from your thoughts about a situation. You will learn to listen to your bodily sensations and take their guidance into account when choosing the best course of action.



BOOKINGS & CANCELLATIONS

- Clients can [book appointments](#) and view current fees and availability in the [online calendar](#). Session fees may increase annually from 1 January.
- Sessions are self-pay; costs are **not** reimbursed by health insurance.
- Rescheduling or **cancelling less than 24 hours** before your session will incur the **full fee**.

CREATING A FOCUSED SPACE

- Please arrange childcare and silence phones before your session.

CONFIDENTIALITY

All information shared during our coaching sessions will be kept strictly confidential, except in cases where there is a risk of harm or if disclosure is required by law.