



Frequently Asked Questions

What is your client's profile?

I work with women and men who would like to start their own business after a break or a career change, some are professional coaches or counsellors but lack self-confidence; mothers who need parenting guidance and relieve stress, clients who would like to revamp themselves after a divorce, separation or death of a love one. Some of my female clients have suffered trauma after childbirth, abortions, miscarriages or other birth traumas, some are grieving for many years the death of a loved one.

Do you work with children and teenagers?

I have been trained to work with children and teenagers as well as having some years of experience working at Help Women and Children. I carry an enhanced CRB police check to work with children. The teenager clients that I have worked with have suffered the loss of a parent by divorce or death. They might be experiencing bullying at school or have some problems with food or self-image. I use Person Centred approach in combination with my own therapeutic techniques which are: therapy with makeup and therapy with crafts. Teenagers need to develop an identity for themselves apart from their parents. Keeping secrets is just one part of that separating process. In order for teenager clients to feel comfortable in my life coaching sessions, they normally want to know that what they share with me won't go straight back to their mothers. Therefore there will be a level of confidentiality which will be of great benefit to the teenage client. I will give the parents general information from the sessions instead of reporting the details of what has been said in therapy. There are important exceptions to this: illegal activities, harming themselves or others, in which case I will share with their mothers in order to help my client.

Do you work with male clients?

Male clients who use my life coaching sessions are finding parenthood challenging or are going through a divorce or have difficulties at work. Some are unable to bond with people, and therefore have relationship problems. Some suffer from anger or can't find anybody to trust who will be non-judgmental and confidential. Male clients find my sessions very safe, comfortable and relaxed knowing that they can disclose anything to me without fear of criticism, advice given, or a hint of judgment. Please see clients testimonials before booking your appointment.

What happens in a session?

During life coaching sessions I will help you to gain insight into your feelings and behaviour and to change your behaviour, if necessary, using different approaches and techniques. I will do this by listening to what you have to say and commenting on it from my particular professional perspective. I will always respect the state you are in and never push you into any activities, thoughts or feelings that you are reluctant to engage in. In a session there may be role play, imagery work, dance movement or art work. Life coaching session in surrey will be some how different and moulded to your needs according to the information you are disclosing and sharing with me together with my experience and knowledge of my career.

As a Christian believer, I offer prayer to those who share my faith. Prayers are short and at the end of the session.

How long does a session and programme last?

Life coaching in Surrey individual sessions can be either open-ended or time-limited. Most of my clients take between 6-12 sessions, single or double sessions. Each session lasts 50 minutes. We will discuss the length and costs in our first session. Reduced level of charges is available. In open-ended sessions, it will be up to you to decide when to stop based on what you wanted to achieve.

What is life coaching?

Life coaching is the art of guiding another person towards a fulfilling future. Life coaching emphasizes the use of formal set programmes and courses in order to enhance your profile and performance. Life coaches are catalysts of renewal and change and therefore are often persuasive and charismatic; offering a quick solution to a problem or situation.

Why would I need a life coach?

Life Coaching in Surrey offers you tools and resources that enable you to define aspirations, identify options and set new goals that will help you 'evolve' and perform at higher levels. As a life coach I will help you invent futures that are exciting, valuable and intensely personal. You need a coach if you:

- lack confidence for the next step in your business or life
- have dreams, goals and ambitions and need help realising them
- feel something is holding you back from achieving what you want
- want better balance in your life and want to be more focused
- suffer from anger or postnatal issues

Are your services confidential?

Everything you discuss in our meeting is confidential making it safe for you. I always discuss clients regularly with my supervisor who also has to maintain confidentiality. Supervision is an essential part of my work and, indeed, it's seen as unethical for me to work without it. You can trust your own instinct at our first session. The more comfortable you feel with me the more successful the coaching or therapy will be. Women feel comfortable with me because I am female, a mother, I am a spiritual person, I have a warm personality and I am empathetic and caring.

When and where are the sessions held?

Life Coaching in Surrey sessions are held in Chessington, Surrey (United Kingdom) throughout the day from Monday till Friday. You have the option of coming to face to face, Skype or telephone sessions.

What is telephone life coaching?

Telephone coaching is just like face-to-face sessions but you will have them over the phone, without needing to travel to my private practice. I can offer anonymity which makes some people feel more secure than in face to face sessions. Our mutual aim will be for you to become stronger and more objective, learning how to face difficult situations with your rediscovered strength and changing your old pattern of thinking to a new one.

Generally you will send me an email and then call me on my landline number at the time we agree.