

1) Can you really help me?

My response to this question, as long as what is being asked doesn't fall outside my coaching remit, is yes I believe I can, however you must be ready to commit fully to the coaching. Whilst what we discuss inside sessions is important, it's really what you do outside the sessions that is crucial. As a coach I'll support you in taking those actions, but ultimately you are the one that has to carry them out.

2) Am I the most difficult client you have ever had?

All clients are different, and bring with them different needs and challenges. I never view clients as difficult, rather I see each and every one of them as individual and unique.

3) Will you whip me into shape?

I will hold you as accountable as you want me to within reason. There must be boundaries on both sides. Some people really need the discipline of being held accountable and others don't like it at all. Both are fine; there are no wrong or right ways, it's down to the individual and what works best for them.

4) Will you give me homework?

If you want me to give you actions to carry out before our next sessions I'll happily do so. Again, like I say in question 4, it's really about your own personal preference. However, what I would say is that it's these actions outside the session that really speed up the process of change that you want to see. All coaching requires action, but the kind of action is matched to the client – some will be ready for huge steps quickly and others will prefer baby steps to reach their goal. For example a fear of public speaking – one client after a couple of sessions may be ready to speak to a group of 100 people, for another they may just be starting to feel comfortable in visualising standing in front of a group of 10 people.

5) I live in another country, is that a problem?

With technology today it isn't a problem at all unless for you personally you need to physically be in the same space as your coach. I coach via Whats App, Messenger or FaceTime. Some prefer audio and some video.

6) How do I pay if I live in another country?

PayPal, Revolut and Transferwise are great methods. Revolut has no transfer costs for many currencies and is very easy to use. If you are also based in the UK then bank transfer is another option. If the above 3 do not suit you then other options can be looked at.

7) How many sessions will I need and how frequently?

Again, this varies very much on the client and it can change over time. For some people they will have a specific goal in mind. They may need 3 x 1 hour sessions over 3 weeks and then be finished with coaching. For others, for example with limiting self beliefs, they may have a number of sessions over a period of weeks and then decide to keep a 30 minute fortnightly call just to keep them on track. It really does depend on the person and what they want

coaching for, but my packages are entirely flexible to ensure that we put in place coaching to support the client and to ensure success.

8) What's the shortest period and longest period you have coached?

The shortest, was a half hour phone session with a lady in New Zealand. After the session she went on to hire admin support and sort out all her finances; she just needed to look at her options for tackling a problem and because she took the necessary action right after, it was solved quickly.

I have other clients who have had some weekly hour sessions and now have half hour sessions intermittently and have been doing so over a 12 month period. They see coaching as part of continuing their personal development and it's a safe place for them to explore.

9) What methods do you use?

Again this very much depends on the client. Some are visual and creative and some are much more practical. I would say for the majority it is asking questions that open up their thinking and reveal their blind spots. However, sometimes visualisation techniques such as future pacing can be very helpful, or the three chairs technique. It can also be helpful to look at the different ego states that we can operate in or at the language we use; both of which can be very revealing. The methods are wide and varied and what methods are used depends on my intuition as to what would be most effective for the client.

10) Can I contact you between sessions?

Within reason, I am fine with this. In fact, I'm generally happy to check in with clients whom I feel need the additional support, particularly at the start, however not to the point that they become dependent on me. If I feel this is the case then I would not continue to do so as this would not be healthy for the client who needs to be able to operate independently in order for the coaching to be a success.