

# COACHING PRACTICE STATEMENT

## My Commitment

I offer a safe, compassionate, and confidential coaching and mentoring relationship. This work is typically self-funded.

My approach is collaborative, non-directive, and led by you. We work at your pace, focusing on what feels most relevant and helpful to you.

### This approach:

- Creates a respectful, psychologically safe, and non-judgemental space to reflect and explore
- Is affirming of identity, experience, and difference
- Encourages you to think things through in your own way, rather than being told what to do
- Balances support with thoughtful, appropriate challenge
- Supports self-trust, confidence and clearer decision making
- Focuses on wellbeing, sustainability, and meaningful change
- Is non-judgemental and person centred
- 

Coaching with me is not therapy or counselling. It offers a reflective space to explore experiences, patterns, and possibilities, grounded in your values, strengths, and priorities.

## Who I work with

I work with individuals seeking coaching or mentoring to create space to reflect, make sense of experiences, navigate change, and move forward with greater clarity, confidence, and choice.

### This includes people:

- Looking for tailored support where identity, lived experience, or personal context are central to the change they want to make
- Navigating planned or unexpected change, transition, or uncertainty in life or work
- Balancing personal wellbeing alongside professional, personal, caring, or situational responsibilities
- Wanting to reclaim a sense of control, power, or direction where this has felt limited, lost, or undermined
- Who have felt marginalised, misunderstood, or excluded as individuals or as part of wider communities within systems, organisations, or society

I work respectfully across diverse identities, backgrounds, and experiences, offering a reflective space shaped by insight and steady support rather than instruction or prescription.

## How I can support you

Through coaching, I offer space to:

- explore identity, values, and what matters to you
- build confidence and trust in your own judgement
- work with imposter feelings and internalised doubt
- identify strengths and supportive strategies that work for you
- explore goals, aspirations, and possible directions
- gain perspective on life or work challenges, prioritise what matters, and explore manageable ways forward
- prioritise tasks and issues, and work through challenges in a clear and manageable way
- navigate relationships, boundaries, and communication
- manage pressure, expectations, and self-criticism
- build resilience and feel more prepared for change, challenge or uncertainty
- strengthen wellbeing and sustainable ways of living and working

Sessions are shaped around what feels most relevant to you, offering reflection, perspective, and practical exploration without pressure to “fix”, mask, or perform.

## What I bring

I bring extensive professional and lived experience across mental health, wellbeing, and community-based support, particularly where identity, inequality, or life experience shape the challenges people face.

This includes:

- a long-standing career working in mental health, wellbeing, and community services, supporting individuals and groups facing vulnerability, discrimination, or exclusion
- specialist experience supporting people whose confidence, wellbeing, or sense of direction has been shaped by identity, responsibility, or social context
- a trauma-informed, compassionate, and empowering approach that prioritises safety, choice, and collaboration
- a collaborative, non-directive style that supports reflection and insight rather than instruction
- experience designing, managing, and delivering support programmes, services, and teams, alongside direct frontline delivery
- externally awarded and professionally accredited qualifications and training in clinical supervision, coaching, reflective practice, cognitive behavioural therapy (CBT), psychology, advocacy, neurodiversity, neuro-linguistic programming (NLP), trauma response and related areas.

I bring clarity, steadiness, and respect, offering space to think things through and move forward in ways that feel realistic, sustainable, and aligned with what matters to you.