

Life Coaching is based around building a collaborative relationship between client and coach.

Actualising potential and exploring new opportunities allows the client to identify and pursue their goals.

Transformation is reached via creative exploration and an inspiring thought provoking partnership.

The client is at the heart and centre of every outcome. For it is the client that holds all the power to enhance their journey and steer themselves towards their vision. The coach is simply navigating that journey by listening, understanding and asking the right questions.

The relationship supports accountability, authenticity and reflection through open dialogue and reflection.