

# Coaching and Mentoring FAQs

## 1. What is my background?

As an autistic person, I am aware of the strengths and challenges that those of us on the spectrum can face, and how the world we live in is not always fit to our needs and purpose. I have been navigating this landscape for several years now and have created my own template that I can thrive in. I have worked for a number of organisations, all of different sectors and sizes, set up my own businesses and built a portfolio career. I have learnt a great deal along the way, achieved success, but more so realised that I can find my place in this world and be. I want more than anything to help you do the same: to gain clarity and confidence, whatever your journey looks like and at whatever stage you are at.

## 2. What qualifications do you have?

I have a Level 5 Certificate in Coaching and Mentoring (RQF) and have been coaching and mentoring clients for the past year. In addition, I have a BSc in Psychology and Business. But it is my life experiences that really add value to the sessions you will be getting.

## 3. What packages do you offer and how much do you charge?

*I offer the following:*

### **One-off sessions:**

90 minutes – this is a fixed, concentrated period to work through a particular goal. We would explore and see what could be blocking you and create tangible steps to help you move forwards. You may find follow-up sessions work well, to have as and when you need them. Price: £75

### **On-going sessions:**

1 hour - this involves working together regularly over a period of time to work towards your goals. I recommend a minimum of three sessions. Price: £55 per session (or £45 per session when buying a package of six)

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## **4. Can you review my work?**

I can indeed. I am a visual artist so I can certainly review work from the creative industries, as well as those who are self-employed (or looking to be). These sessions typically involve a half-hour chat to understand what you do, with an hour follow-up where I run through what I have discovered and help you in taking actions to move forwards. These are charged at £125 in total.

## **5. How many sessions do you find works best?**

I offer unlimited sessions, although I find a series of three to six work well for initial sessions.

## **6. How often are the sessions?**

I recommend having a session every fortnight, however, I am led by you and what work you are able to complete in between the sessions.

## **7. Where do the sessions take place?**

The sessions take place online, normally via Teams. You can be based anywhere in the world; I welcome clients from different time zones.

## **8. Who do you work with?**

I work primarily with neurodiverse women who are looking to achieve a life with purpose, alignment and authenticity.

## **9. Do I have to be neurodiverse to receive coaching and mentoring?**

Absolutely not 😊

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## 10. What areas can you help me with?

I work in areas around employment, creativity, finding one's purpose, living in alignment, understanding your diagnosis, and other specific areas of challenge around neurodiversity: for instance, time management.

I can help with: supporting you on your journey, providing encouragement, giving clarity, and offering expertise and a fresh perspective on issues that you are facing. My job is to help you get to where you want to be and to live the life you want to live that is in accordance with your true self.

## 11. What is your approach?

As appropriate, I use a mix of coaching and mentoring techniques in my sessions. Where I feel I have the skills, knowledge and experiences from my own life, I will utilise these and offer advice. Where I am less familiar with your particular background, I will offer insight, ask questions, rephrase and challenge your thought process. The process is the same in that I want you to grow and thrive to reach your full potential.

## 12. Do I need to do anything prior to the first session?

I will send you a brief form to complete where you fill in your basic details and what you would like to work towards. These do not need to be set in stone, but it is helpful to have a think of the areas you would like to work towards.

## 13. What does the exploratory chat consist of?

The initial chat is a chance for us to meet, chat and see if we get on. Our working relationship is an important one, and it is good to ensure this is right from the outset. An exploratory chat is not charged, and you will have the chance to ask any questions. This will last twenty minutes.