

Frequently Asked Questions

What actually happens when working with you?

Working with me is essentially a space where we explore what's going on in your life with curiosity and honesty.

Many people come to me feeling a bit stuck or uncertain about something — work, relationships, direction, or decisions they keep circling around.

Rather than jumping straight to solutions, we slow things down and look at what's actually happening in your experience.

As that becomes clearer, new perspectives naturally begin to emerge and decisions start to feel less overwhelming.

Over time people begin to trust their own sense of direction again.

Is this therapy?

No — although some of the conversations can be reflective.

Therapy often focuses on processing the past and healing deeper emotional patterns.

What I do is more about helping you relate to your current experience differently so that you can move forward with more clarity and trust in yourself.

The focus is on understanding what's happening in your life now and learning how to navigate it in a way that feels aligned with who you are.

Do I need to know exactly what I want help with?

Not at all.

In fact, many people reach out because they don't fully know what's going on yet.

They might just have a sense that something in life feels stuck, repetitive, or unclear.

Part of the process is simply creating enough space and curiosity to understand what's actually underneath that feeling.

Clarity often emerges from the exploration itself.

What kind of people usually work with you?

Most of the people I work with are thoughtful, capable people who have reached a point where something in life feels like it needs to shift.

They might be: questioning their direction, navigating change in work or relationships, feeling stuck in a pattern they can't quite explain, or wanting to reconnect with their own sense of trust and clarity.

Quite often they're people who carry a lot of responsibility in their lives and haven't had much space to pause and reflect on their own experience.

Is this about mindset or practical change?

It can be both.

Sometimes the biggest shift comes from simply seeing a situation differently. When your perspective changes, your decisions naturally change too.

Other times it becomes very practical — making clear decisions, experimenting with new ways of doing things, or taking steps that have felt difficult before.

The process tends to unfold naturally depending on what's most relevant for you.

What if I'm not sure this is right for me?

That's completely normal.

Reaching out doesn't mean you have to commit to anything. Often the first step is simply a conversation to see whether the work feels helpful for you.

Sometimes people realise it's exactly what they need. Other times the conversation itself helps them see their situation more clearly.

Either way, there's no pressure — just an opportunity to explore.