

highland quietlife



WHAT TO EXPECT FROM YOUR COACHING SESSIONS



Thank you for your interest in coaching with me, Cath Wright. I am a qualified coach with [The Coaching Academy](#) and a qualified Nature and Forest Therapy Guide with the [ANFT](#) based in the Cairngorms National Park, near Grantown on Spey.

Over the years I've sometimes struggled to get suitable help when life has got a bit out of hand, and I see the effects this has on me and those around me. I recognise that when you feel like you're 'drowning in treacle' it's easier said than done to just sort yourself out. There are a handful of things in life that truly help me relax and ensure that I can 'breathe' again; spending time in nature is one. Nature heals...sitting, sharing space with nature, admiring beauty or simply playing amongst it...nature is awesome. Nature makes me feel alive and always grounds me, whether I'm too high or too low – the forest brings me back to a steady level.

Coaching as a development tool appealed to me as it is all about looking to where you want to be and how to get there - it's about the future, not the past. I can see the restorative effects of spending time in nature and believe that combining this with structured coaching sessions is a really powerful tool. Although I am happy to discuss coaching with anyone, I have focused a lot of my training and experience on clients who are, or suspect they are neurodivergent, whether this applies to you or not, I would be happy to arrange a 'discovery call' with you to see if sessions might help.

Coaching - What it is and what it is not

Life coaching is the process of helping someone find the path between where they are now and where they want to be.

It is about setting and achieving goals in many areas of life including business, health and wellbeing, career, relationships and work-life balance. It can be as broad as wanting to find what will make you happier or as specific as wanting to start a new job. A life coach uses insightful questioning to help their clients identify the goals they want to achieve, recognise their current circumstances, consider all the options open to them and choose which actions they will take within a defined timeframe. Life coaching centres around the belief that everyone can achieve their goals through acknowledging and using their own resources, rather than being told what to do.

How do you know if coaching is right for you?

Do you feel that currently you aren't reaching your potential and feeling fulfilled?

Is there a gap of where you are now to where you want to be?

Do you sometimes feel you don't have the skills, resources or confidence to get something complete?

Do you feel stuck and put off making decisions or fail to stick to those decisions you have made?

Are you ready to entertain new and fresh ideas?

Are you willing to be accountable for what you desire?

If you answer yes to any of these questions, then coaching can most definitely support you to be the best that you can be.

What coaching is not...

Coaching is not about your coach giving you suggestions or advice - it is not mentoring or counselling. If you commence a series of coaching sessions and it is deemed that coaching is not the correct support mechanism for you at this moment in time this will be discussed with you directly to find a suitable solution to support your onward journey.

How does coaching work?

Different coaches use different models to structure their sessions. A popular model is the GROW model which is an acronym for the areas explored, Goals, Reality, Options and Way Forward. This model keeps you moving forward towards your goal. Your coach will be asking you questions, listening to your responses, challenging you whilst all the time remaining non-judgemental regarding the details and not offering you any advice.

What will happen during a coaching session?

Coaching is predominantly carried out in person (inside or outside) or online.

You will be guided through a 6-point process:

1. Review the previous session and the actions that you completed.
2. Set the goal for that session.
3. Consider where you are at the present moment with this goal.
4. Consider your options in meeting this goal.
5. Agree on some actions.
6. Summarise the session before completing the session.

Each session will be for 60 minutes after a 90-minute initial session. The coach will manage the timing of the session and ensure you gain full value from the session. You will be encouraged to make decisions and take responsibility for these decisions. There is no set number of sessions but 3 or more is a recommended starting point.

Confidentiality

A coaching session is completely confidential. I agree and comply to the 'Coaching Code of Conduct' which you will find attached and only in extreme circumstances will this confidence be breached. This includes the intent to cause harm to yourself or others or criminal acts.

What does the coach need from me each session?

To make sure that your time is being well spent with your coach you are expected to come to the session fully prepared and with a goal or aspiration in mind that you would like to work towards, but don't worry, this does not to be 100% sorted and your sessions will help tweak out the details. Preparation is very important so if meeting online, make sure you are in a quiet space where you won't be interrupted and test the technology beforehand. You will find it handy to have a pen and paper with you and may find it useful to jot down thoughts in between sessions – there may also be some homework but that is entirely up to you.

How do we get started?

You just need to contact me to discuss your requirements in a little more depth and find out how you would like to be coached.

We would organise an 'Intake' session of approx. 90 minutes, which will start us talking about you and your aspirations. After all this is all about YOU!

Coaching Contract and Fees

All clients will be asked to sign a coaching contract. This will detail your contact details, expected number of sessions and associated costs - this is flexible though as your session unfold and we see your size of goals etc. The contract will also detail both of our expectations which include:

Changes: Re-scheduling or cancellations of appointments should be done at least 48 hours before the planned date. Less notice and the coach is at liberty to charge the client for the full session.

Time Outside of Sessions: Please do stay in touch via email in between sessions and let me know about your successes or areas of concern. As a coach, unless agreed I will not get in touch between sessions.

Problems: If I ever say or do anything in a session that you don't feel comfortable with or if you have any concern with the way we are working, please let me know as soon as possible. For our work together to be effective, you have to be honest with me.

Confidentiality: The coach recognises that anything the client shares with them is regarded confidential, whether it is business or personal information. The coach undertakes not to, at any

time, (unless required to do so by law), either directly or indirectly, use or disclose any information the client shares with them during their sessions. Confidential Information does not include information that is disclosed to the Coach and as a result of such disclosure the Coach reasonably believes there to be an imminent or likely risk of danger or harm to the Client or others. For further details regarding this please refer to the Code of Ethics.

Legalities: The coach will maintain their professional indemnity insurance and compliance with regard to GDPR and the clients details.

Nature of Coaching: The client is aware that the coaching is in no way to be construed as psychological counselling or any type of therapy. Coaching results are not guaranteed. The client enters into the coaching with the full understanding that they are responsible for creating their own results.

Highland Quietlife's Values

Connectedness - During Forest Bathing and/or Coaching, we support compassionate social interaction. There is no pressure to share anything when invited, but as a Coach and Guide I do support you to do so.

Hope and optimism – During our session we can meet outside if you are comfortable and I encourage you to let nature support you and let your mind open to the possibilities ahead of you. We can also meet inside at a convenient location, either in Cromdale or nearer to you.

Identity - Everyone has a voice and you will be given the time you need to talk through your goals, please use appropriate language and we avoid stigmatising or terms that may cause offence.

Empowerment – We understand that life can affect us all differently and if a challenge arises, we take personal responsibility to let the Coach know. Some people can find sessions can bring on an emotional reaction. Your Coach is there to support you.

