



Information for new and prospective clients

Confidentiality

- Anything we discuss will be kept strictly confidential, unless there is a risk of harm to self or others; or unless I have written permission from you to share it (i.e. in the case of a referral).

Time

- Tell me a bit about what brought you to get in touch, and what you are hoping to get out of a neurodivergent coaching & support service
- The first few sessions will be spent getting to know you – what your goals are, what works for you and what doesn't, etc.

Flexibility

- Coaching sessions or consultations can go in a variety of directions. While I come to meetings with some ideas in mind, I follow my client's lead, so they can get the most out of our time. If we are ever heading in a direction that doesn't feel right for you for any reason, please let me know, and we can change course.
- Some people prefer sessions that are more practical and concrete, developing specific plans and strategies for day-to-day challenges, and working towards very specific goals.
- Others prefer a more therapeutic style of session, where they talk about whatever is on their mind. The difference is you'll be talking to someone (me) who can relate in a way that most other professionals can't, because I am neurodivergent (AuDHD) myself.
- Still others want or need a mix of the two, and that is absolutely fine as well.

Change is difficult

- Change can – and usually does – take time, and change can be hard.
- In a therapeutic relationship, or one through which you are making significant life changes, it's very important to know there *will* be discomfort – for some people it is mild, but for others it is more pronounced.
- I will never push you if you indicate you don't want to go in a particular direction, or if you are not ready to address a particular issue. I may respectfully challenge thinking or behaviour patterns that seem to be counter to what you have expressed your goals are for yourself, but I will always respect your boundaries and limits.
- My intent is to work through the discomfort *with* you, alongside you, and support you to reach the goals you are developing and working towards, and to do so in a way that is respectful and **affirming** of your individual needs and preferences.