



Client information

Welcome to Mindful Coaching and Counselling.

Congratulations on taking your first step towards achieving your goals and living your ultimate life. Give yourself a little pat on the back.

Let's go through the boring stuff first:

Confidentiality

First up please be assured whatever we discuss will be just between us. No one else will know about it. You can find the details about confidentiality on the Privacy and confidentiality policy.

Appointments, payments and cancellations

I offer appointments outside business hours for busy people, so you can take time to focus on yourself. I start as early as 6am and will take appointments until 7pm (start time), so we will find a time that suits you.

Appointments can be booked through the website at: [Book Your Appointment | Mindful Coaching and Counselling](#) or by phone / text on 0458 970 045.

Appointments need to be paid at the time of booking, through the website or by direct deposit. I will issue an invoice with direct deposit details if you book by phone or text.

Cancellations are accepted up to 48 hours prior to your appointment time. Rescheduling or cancellations can't be done within 48 hours of your appointment.

How are we going to meet?

I provide online sessions across Australia, on Queensland time. I use Zoom for our sessions and I will email you the meeting link at least 24 hours prior to the session, I usually do it when you make the appointment.

Face to face sessions are available at 4 Jacaranda Close, Manunda, 4870 (that's in Cairns).

What to expect

Counselling

Your first session will be 1 hour and 15 minutes. This allows us to really delve into the issues and start to find workable solutions.

Follow up sessions will be 45 minutes each.

I work from a Solution Focused approach and incorporate techniques from Cognitive Behaviour Therapy, Acceptance and Commitment Therapy and Solution Focussed Brief Intervention Therapy. Our work will be focused on creating the future you that you want.

Strategic Coaching

Your first session will be 1 hour. This allows us to identify what you desire and create the action plan that will get you moving towards achieving your goals.

Follow up sessions will be 30 minutes each.

I am a Strategic Coach and our work will identify your deepest desires and the most effective strategies to help you create your ideal future.

If you have any questions prior to our first session, please reach out.

I look forward to working with you to change the changes you want.

Sam (Shirley) Charlton

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