

Frequently Asked Questions about Coaching

What happens in a coaching session?

A coaching session is a conversation. We talk about what matters to you right now: a choice you're facing, doubts, a feeling of being stuck, a desire for change or growth. Sometimes the topic is clear; sometimes it's vague and not fully formed — that's completely fine. As the conversation unfolds, it gradually comes into focus.

I may ask questions, seek clarification, and help you slow down and focus on what truly matters. Together we explore your situation, your thoughts, your reactions, and the ways you make decisions. Coaching doesn't involve analysing the past as deeply as therapy does, but past experience may come up if it helps shed light on the present.

Sometimes during coaching you may feel confused or even temporarily lost about where to go next. That's part of the process too. These moments are not to be avoided — they deserve closer attention, because it's often in them that new clarity emerges.

What is coaching?

Coaching is a way of working that is oriented towards the present and the future. It helps you understand more clearly where you are now, what you want, and what steps might be possible from here. There are no ready-made answers or instructions in coaching. I don't tell you what the right thing to do is, and I don't offer universal solutions.

The central idea of coaching is that the answers and resources are already within you. Our work is structured so that you can see them, become aware of them, and start to draw on them. Coaching is particularly well suited to periods of change, decision-making, and professional or personal growth.

How long does coaching last?

The duration depends on what you're bringing to the work. Sometimes a few sessions are enough to clarify a situation or reach a decision. Other times the work continues longer, if what you're working on involves more sustained change or development.

In the first one or two sessions we get acquainted, clarify the context, and shape the focus of our work. After that, you decide whether to continue and at what pace.

How long is a session, and how often do we meet?

One coaching session lasts 50 minutes. The frequency of meetings is agreed individually. Usually it's once every one or two weeks. Unlike therapy, coaching doesn't require a fixed weekly rhythm, but meeting too infrequently can reduce the impact of the work.

What if I'm late, cancel, or need to reschedule?

We agree on the time and format in advance.

If you're late: the session ends at the scheduled time. If you join later, the remaining time is still yours.

Rescheduling or cancellation: with 24 hours' notice, a session can be rescheduled. If you cancel on the day of the session, it is considered to have taken place and will be charged.

Do I work online?

Yes, coaching sessions are available online. We work with the camera and microphone on. It's important that you're in a quiet, private space where you won't be interrupted. A stable connection and the ability to be fully present in the conversation directly affect the quality of our work.

Are there topics I don't work with in coaching?

Yes. Coaching is not a substitute for psychotherapy or medical care. I don't work in a coaching format with:

- severe psychiatric conditions,
- acute crises,
- addictions,
- psychological trauma.

If I see that your needs would be better addressed in therapy or with another specialist, I will tell you and, where possible, refer you to a colleague.

How does coaching end?

Ending coaching is also part of the process. Even if the work was brief, it's worth taking stock: what became clearer, what decisions were made, what you're taking with you.

Sometimes coaching ends naturally, when the initial focus has been resolved. Sometimes, after a period of time, you may feel the need to return for one or two sessions — to reflect on a new stage of life or to check in on the direction you've chosen.