Jo Marsh Coaching

From tangled to thriving

Coaching Information Sheet

Life can challenge our confidence and leave us feeling tangled. Coaching offers the space to understand that tangle and find your way through it, so you can move forward with confidence and purpose. You already hold the answers. My role is to help you find them.

How do I know if coaching is for me?

Coaching can be useful if you are:

- stepping into a new role or taking on more responsibility.
- returning to work or considering a change.
- exploring what neurodivergence means for you or your family, diagnosed or not.
- adjusting to a new stage of life, or simply feeling that something no longer fits.

What is coaching?

Coaching is a structured conversation that gives you space to understand yourself and your purpose. Together we untangle what's holding you back, so you can move forward with confidence and thrive.

Everyone deserves the chance to reach their potential and live with purpose. I walk alongside you as you untangle what's in your way, listening well and asking the questions that help you see more clearly.

You already hold the answers. My job is to help you find them, and to encourage you to make your own decisions and take your own action.

What coaching is not!

Coaching is not advice, and it's not therapy. I won't tell you what to do, or untangle things for you. We won't delve into your past, and we won't work with clinical mental health needs. If at any point I think another kind of support would serve you better, I'll tell you directly.

How does coaching work?

Coaching runs as a series of 6 sessions, each 45 to 60 minutes. We agree the length and focus together when we first meet, so the programme fits your routine. Session follow this shape (some loosely, some more closely, depending on what you need):

- We start with what you want from our time together
- Take a clear look at where things actually stand right now.
- From there, we explore your options, untangling the challenges and turning over what might be possible
- We close with agreeing your way forward: the actions you've chosen to commit to, and why they matter to you.

Confidentiality

Coaching sessions are completely confidential. I work within the Coaching Code of Conduct so what you share with me remains between us. The only exception is if I believe there's a risk of harm to you or to someone else, in which case I have a responsibility to act.

What is needed from me?

Come to each session with a goal or something you want to untangle. Give yourself fifteen minutes beforehand to get settled, away from distractions, with a pen and paper to hand. The more you bring to the session, the more you'll take from it. We can talk more about how to prepare at our first session.

I want to get started! What do I do next?

Get in touch and we'll set up a short time to talk through what you're looking to untangle and how coaching can work for you. I'll share some more details, including an agreement form and a few short forms so you can tell me a little more about yourself. From there, we'll arrange your first session to start untangling what's holding you back, so you can thrive.

Email me at jomarshcoaching@gmail.com