

Through Email Support you will get help, inspiration, guidance and the feeling of being safely held to enable you to keep up the momentum for transformation, inner healing and growth that is initiated in the one to one sessions.

I've put together some information about the Email Support that I offer you as part of the coaching programme, just so you know what to expect and how to make the best of it. There is no expectation from me that you have to use this. It's your choice and totally optional.



The email support involves one email to me, in between each fortnightly call which can be as long and detailed as you like (well maybe not as much as an epic novel...with shopping lists and similar thrown in – that wouldn't be the best use of our time really). Make it work for you...! You can use this opportunity to give me an update of how you are feeling, what is happening for you and how life is unfolding for you in between our sessions.

Of course you can also present areas here where you feel stuck and things you specifically want support with. Sometimes you may be clear about what you need, other times you may not. But try and give me as much information as you can, so I can best help you.

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The process of writing can often bring release or clarification in itself, or it can act as a springboard for insight or deeper awareness, so go ahead... let your fingers flow on the keyboard.

Now - what you can expect from my response to you...! When I have received your email to me, I will do my best to respond to you within two days. (If it is going to be longer than that I will let you know when you will get a reply).

I will send you one email reply. I do not make a claim that I will write an extremely long essay back to you. I will say though that I will always attempt to write content that creates a positive impact on your life, gives you a feeling of genuine support, helps you move on from where you are and inspires you for your next steps. My aim is always to give you the feeling of being heard, encouraged and supported along with resources and tools that will help you continue the work that we are doing in the calls.

If you feel the need you can then follow the longer email up with two shorter emails which I will give short replies to. This isn't intended to be a correspondence course - it's just in place to make sure you feel warmly supported as you continue to grow and change. Knowing that your voice is heard, your needs are met and space is being held for you.



*Use email support like journaling with a companion...
who gives insightful feedback which empowers
you on your journey.*



*Write to me of your innermost musings. Share your successes,
hopes and dreams. Ponder with me about what your next move
will be. Unburden your fears, worries and concerns, knowing
that I will read your words from my heart and hold you
in a warm embrace of healing.*

*Let your heart wisdom speak to you through your writing and
carry you forward to where the solutions are waiting.
I will meet you there and celebrate with you.*

