The Quiet Guide

Coaching Information

Hello you!

Welcome to a coaching space for shy, quiet and socially cautious people who want to feel more comfortable being themselves and more able to navigate the situations that matter to them.

Perhaps you find meeting new people difficult, overthink conversations, struggle to speak up or experience that familiar push-pull of wanting to step forward while something inside holds you back.

Shyness is a human experience, not a flaw. Coaching with me isn't about fixing it, forcing confidence or turning you into somebody louder.

Instead, we'll explore what's happening for you in those moments, the patterns that have developed around them and how you might begin to have more choice in how you respond.

You still get to be you, just with more freedom to live, speak and act in ways that feel right for you.

A little about me

I'm Charlotte, a certified Health & Life Coach, registered with the UK & International Health Coaching Association, a former school nurse/deputy safeguarding lead and someone who has lived with shyness my whole life.

My approach is honest, grounded and collaborative, shaped by both my professional background and my own experiences of navigating the world as a shy person.

I believe shyness deserves understanding, support and compassion.

My Coaching Approach

Every person experiences shyness differently. Our work begins with understanding your experience. Throughout coaching, we come back to four interconnected pillars:

Safety	Exploring what happens in your body when you feel shy or nervous, and what helps you feel more settled and connected to yourself.
Understanding	Exploring the thoughts, beliefs, meanings and patterns around your experiences.
Choice	Considering what matters to you and where you might want more freedom in how you respond.
Trust	Developing trust in yourself through reflection, real-life experiences and meaningful steps, even with nerves present.

These aren't stages to work through or boxes to tick. All four are present throughout our coaching journey.

What are we working towards?

That will depend on you. It might mean speaking to new people, expressing what you really think, worrying less about how you've come across or trying something you previously avoided. Equally, it might mean feeling more comfortable with who you already are, rather than feeling you need to change.

There may be times when I encourage you to stretch yourself or take a step that feels uncomfortable, but we'll explore this collaboratively, with an understanding of why that step matters to you.

Quiet confidence isn't about becoming fearless. It's about trusting yourself to decide what you want to do next, even when shyness is present.

Working together

Your coaching sessions:

We'll begin with six one-to-one coaching sessions, held online via Zoom. Each session lasts 60 minutes, and we'll usually aim to meet weekly, with a little flexibility where needed.

Sessions are conversational, supportive and structured in a familiar way, while leaving room for whatever feels most useful that day. Some may feel reflective, others more practical. Everything we do is collaborative.

You don't need to arrive knowing exactly what to say. Part of my role is to help us find a starting point.

Towards the end of our six sessions, we'll take some time to reflect on our work together and explore whether you'd like to continue with coaching or feel ready to take things forward on your own.

Support between sessions:

Our coaching sessions are just one part of our work together. There's also a little support along the way to help you bring what we're exploring into everyday life.

Here's what that looks like:

- A brief, personalised follow-up email after each session, capturing key insights and agreed next steps.
- Small growth moments to explore in everyday life, where appropriate.
- Relevant worksheets, reflection prompts, exercises or resources tailored to you.
- A little extra support via WhatsApp or email between sessions, whether that's to clarify something we've explored, offer some encouragement or help you navigate those everyday moments when shyness shows up.

Growth moments are little opportunities to explore, notice or try something differently in everyday life. They're not homework, and there's no expectation to get things right.

The Practical Bits

The total cost:

£550	Pay in full
2 × £275	Pay in two equal instalments

Both options include all six sessions and the between-session support outlined in this guide. Payments are made via Stripe, and you'll receive the relevant payment link in your welcome email.

All prices are in British pounds (GBP). If you're paying from outside the UK using a different currency, please be aware that exchange rates and any applicable currency conversion fees may vary depending on your payment provider.

A little about professional boundaries:

Coaching is not therapy, counselling, mental-health treatment or diagnosis. What you share is treated as confidential, with limited exceptions relating to legal requirements, serious safety or safeguarding circumstances and appropriate professional supervision where your identity is protected.

These boundaries are explained in the Coaching Agreement before we begin.

From one shy human to another

I know how daunting it can be to speak to a complete stranger, particularly when the conversation is going to be about you.

So, please know there's no pressure here. You don't need to have the right words ready and it's absolutely okay if you're feeling a little nervous. I might be right there with you on the nerves.

Also, if you'd like to get to know me a little more first, I've popped a few more details on the next page.

We don't all feel comfortable taking the same first step and that's okay. You get to choose yours.

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Next Steps

If you're curious about working together, I offer a free, 20-minute introductory conversation, which I call a Quiet Chat.

Held online via Zoom, it's an opportunity for us to get to know one another a little. We can chat about how shyness shows up in your life, what you're hoping to get from coaching and how I might be able to support you. It's also a chance for you to ask me any questions. There's nothing you need to prepare beforehand.

Quiet Chat booking link →

Or get to know me a little more first:

You're very welcome to have a wander around my website, The Quiet Guide. You'll find a little more about me, my approach to coaching and plenty of reflections on life as a shy human.

About me page →

Explore my blog →

Thank you for reading

If you have any questions along the way, you're very welcome to get in touch. Otherwise, take your time, have a wander and see what feels right for you.

I'll see you soon,
Charlotte 🌻

The Quiet Guide

Health & Life Coach

REGISTERED HEALTH COACH

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