

121 PERSONAL COACHING SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS

“GETTING TO KNOW ONESELF IS THE
GREATEST ADVENTURE OF ALL”

This informations sheet is to support you prepare for your session, to answer key questions, and to share more about what we may explore together.

If you have any further questions, don't hesitate to get in touch.

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Cat x



PREPARING FOR YOUR 121 PERSONAL COACHING SESSION

<u><i>Key Session information</i></u>	
<i>Investment:</i>	£55 <i>(+65p a mile if in person and more than 10 miles outside my base)</i>
<i>Duration of Session:</i>	1 hour
<i>Session Location</i>	<i>Online via Google Meet or in person</i>

Payment must be made within 24 hours of the session.

Payment can be cash or BACS.

Bank details:

Catherine Roy-Stanley

Balance & Align

19217997

04-00-04

CANCELLATION POLICY

AND ETHICS

Cancellations or reschedules can be made up to 48 hours prior to the scheduled session, via email, call, or WhatsApp message.

Any cancellations or reschedules made after this period will be subject to half the session fee.

I belong to the International Coaching Federation (ICF), and work within their ethics and principles. This is to reinforce the coaching profession's dedication to “doing good”.

Coaches commit to positively impact clients, organisations, and society through integrity, accountability, and professional excellence

- *You can find out more about these on the ICF website.*



PREPARING FOR YOUR PERSONAL COACHING SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS

Where will the session take place?

Virtually: We can have a session on the phone or on Google Meet.

Online:

I will send you a link before our session, this link will lead you to the online coaching room. You may need to download the Google Meet app if accessing via mobile (for ease but not essential).

What you will need

- *A device with a working camera and microphone*

Phone:

I will call you on your provided number for our session.

What you will need

- *A phone*
- *A place with signal*

Where to have the call: Find a space where you feel safe, comfortable, have can talk freely, with minimal distraction or disturbances. If that is somewhere in your house, horse field or even on a walk.

PREPARING FOR YOUR RELATIONSHIP SESSION

WHAT APPROACH WILL WE EXPLORE?

What Will the Session Look Like?

Each session will be unique—facilitated by me, guided by you, and shaped by where you'd like to explore.

Pre-Session

You'll receive a pre-coaching questionnaire to spark reflection and set the tone for our work together. It's designed to help you consider what's working, what's not, what you hope to gain, and how we can best collaborate.

First Session

We'll create your personalised coaching space, exploring what supports you, what you need from me, and how we'll navigate challenges. It's about setting up a container that feels safe, empowering, and aligned with your goals.

Ongoing Sessions

We'll begin with a brief check-in, revisiting our coaching agreement, and seeing how you're feeling and what's emerging for you. You might bring questions, reflections, or simply a sense of what you'd like to explore that day.

'Main Chunk'

The session will flow organically, led by your needs and energy in the moment. I'll offer questions, reflections, challenges, and tools where useful, always supporting your process.

Closing the Session

We may end with a grounding practice—like tapping or a nervous system check-in—alongside space to reflect on insights, takeaways, and next steps. Your horse (if present) may also intuitively signal when the session feels complete.

WHAT IS THE PURPOSE OF COACHING?

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS

Personal Coaching sessions offer a supportive, constructive, and expansive space for you to get to know yourself. They are a place to slow down, reflect, and engage with your thoughts, feelings, perspectives, and behaviours in a new way. Together, we create a safe space for meaningful change—both within and around you.

Coaching can be a transformational opportunity to press pause and check in with where you are right now. It's a chance to explore important questions, uncover insights, shift perspectives, and access your own inner wisdom, clarity, and choices. This is a space where you can reconnect with who you really are—and begin to let go of what no longer serves you.

As your coach, I see myself as your thinking partner. I'm here to support and facilitate your unique process by offering reflections, insights, tools, and thoughtful questions. I'll lead and hold the space, but the direction is always guided by you. My coaching style is warm, kind, and accepting, offering space when needed and gentle challenge when helpful to support your growth and movement forward.

Co-regulation is an important part of this process—it means coming together in a safe, held space where change can naturally happen from within. This space is where I ask the kinds of questions that can shift how you see, feel, and approach your life. It's where transformation can begin through deep self-awareness, understanding, and resourcefulness.

WHAT IS THE PURPOSE OF THIS SESSION

WHAT TO EXPECT, WHAT TO BRING AND COMMONLY ASKED QUESTIONS

Some of the questions we might explore include:

- *What do I think?*
- *How do I feel?*
- *Is this perspective useful?*
- *How helpful is my behaviour?*
- *What is that my intention?*
- *Where would I like to go from here?*

I believe in the power of discovering who you truly are, creating a life that aligns with and excites you—one where you can do & be what you never thought possible, navigate challenges with confidence, own your choices, open new doors, and enjoy the present moment.

My core values are authenticity, freedom, acceptance, and trust.

WHAT COACHING SESSIONS CAN SUPPORT WITH

THE ONES THAT I CAN FIT ON A PAGE!

- Facilitates *change*
- Improves *relationships*
- Reassurance that *you aren't alone*
- Enhances *performance*
- Supports *wellbeing & wholeness*
- Better *connection with yourself*
- Understand *yourself more*
- Develop helpful & supportive *tools and practices*
- Permission to be more *authentically yourself, to trust yourself, your gut and your heart.*
- Renewed inspiration for *being you*
- Feel more *regulated*
- Improves *confidence & self trust*

Testimonial:

"I had a feeling of being 'stuck' and unable to move forwards in certain areas of my life. I was introduced to Cat and it straight away felt like she understood me and quite honestly she helped spin my life around in the best possible way. We looked into the relationship I had with myself, identifying what felt 'stuck' and 'uncomfortable'. The support, techniques and overall holistic approach Cat took transformed how I was feeling and has led me to reconnect with my true self. I now feel like I'm following my heart, I have a renewed spark and I have worked through areas that whilst challenging to address have led me to happiness in myself. What Cat offered far exceeded my expectations and I would encourage anyone to go on the journey with her." Amy.

WELCOMING THE WISDOM OF HORSES AND OTHER ANIMALS

In my coaching, my clients & myself find it deeply valuable to [welcome the wisdom of animals during a session](#).

I think this is because as humans in a very [stretched world](#), it is easy to lose perspective of what is [really important to us](#).

This is where [animals can support us to tap into the wildness and wisdom within](#), and reminded us of what we may have forgotten along the way, and bring forwards [lessons, answers and perspectives](#) that may guide you forwards.

You may feel a [connection to an animal](#); who may be in your life already, in the form of a pet, or simply an animal you feel drawn to.

As part of the [coaching process](#), it may be valuable to welcome this animal into your session for a moment (physically or metaphorically) and consider their perspectives, messages and answers.

Other areas that we can draw on:

Nature

Elements



MY HORSES: INDI & JACK



Indi & Jack are my horses, each with their own *unique energy, personality and way of life*. They communicate through *energy, emotion, body language and subtle, intuitive messages*—much like how you can sense what a *close friend or animal is feeling without words*.

If it is valuable to your process, we can check in with them to consider their perspectives.

TOGETHER:

As a herd, Indi and Jack bring *peace and contentment*. Their dynamic offers insight into *relationships* and may support you in exploring your own.

INDIVIDUALLY:

Indi

Indi had a difficult start with humans who didn't listen or care much for her. Her journey has been one of *self-discovery—finding her voice, wildness and trust again*. She's *expressive, empowered, deeply sensitive, and values being heard and loved and having choice*. Indi enjoys *exploring, tricks, bossing her friends around, and napping under her favourite tree*.

Jack

Jack had a lovely start in life with more stable care givers and environments. He appears an *easy going fellow—calm, gentle, and eager to please*. But he also has a *soft, shy side*. He absorbs others' feelings and can be *fearful of small things*. Even on his adventures Jack reminds us that it's okay to do big things and still feel your feelings. Jack loves cosy *cuddles, snacks, and quiet, undemanding time*.

Each will offer differing insights.



OTHER APPROACHES WE WILL EXPLORE

IN OUR SESSION TOGETHER

- **Psychology:** *Considering the inner world; thoughts, feelings, behaviours and how the mind works, and how one interacts with the world around them*
- **Nervous system informed (polyvagal):** *Considering where your nervous system is at, what that means, and supporting you to move towards regulation and inner safety.*
- **Trauma conscious:** *Sensitive to what has come before, what is held within, and what needs to be treated with care.*
- **Personal development & growth:** *Supporting your growth and development as a person by exploring thoughts, feelings, behaviours, beliefs to nurture your self awareness, understanding and connection. To help you shift blocks getting in the way.*
- **Spirituality:** *If you are exploring deeper spiritual connections, this is a safe place to invite this forwards.*



MOVING FORWARDS FROM HERE

OTHER OFFERINGS THAT CAN CONTINUE TO SUPPORT YOUR GROWTH AND DEVELOPMENT

NON HORSE OWNERS

121 Sessions:

- *Programme*

4 or more sessions in close succession to offer you more support, facilitate your growth in areas you would like to shift and move forwards with. This will include other resources such as tapping (EFT) and worksheets to support your process.

Experiences:

- ***Restore & Renew: Self development & Spa day:** Step away from the hum of life to the outdoor spa surrounded by trees & bird song. Begin the day with a personal development workshop, and enjoy integrating in the afternoon in the natural dip lake, hot tubs, saunas and plunge pool.*

Resources:

- *Online worksheets, Online workshops, EFT Tapping recordings (get in touch with me for more details.*

MOVING FORWARDS FROM HERE

OTHER OFFERINGS THAT CAN CONTINUE TO SUPPORT YOUR GROWTH AND DEVELOPMENT

HORSE OWNERS

121 Sessions:

- **Equestrian Relationship Session**

To support you, facilitate your growth with what you would like to shift and move forwards with.

- **Emotional Release Session:**

A session to support your horse to let go, facilitate them feeling safe, and shifting emotional blocks that they are ready to shift

Coaching Programmes:

- **121 Coaching Programmes** weave together different sessions to give you all around support to improve the relationship with yourself and your horse.
- **Rebalance the Core of your Relationship:** This group programme weaves community, education, growth together to provide a safe, expansive space for you & your horse.

Events:

- **Alive & Attuned: Equestrian Relationship Weekend:** With a day for you, a day for you & your horse, grow regulation, safety and community. To let go of the pressures of the outside world and get back to what's really important. Your relationship.
- **Restore & Renew: Self development & Spa day:** Step away from the hum of life to the outdoor spa surrounded by trees & bird song. Begin the day with a personal development workshop, and enjoy integrating in the afternoon in the natural dip lake, hot tubs, saunas and plunge pool.

Resources

- **Online worksheets, Online workshops, EFT Tapping recordings** (get in touch with me for more details).

MORE ABOUT ME

OTHER OFFERINGS THAT CAN CONTINUE TO SUPPORT YOUR GROWTH AND DEVELOPMENT WITH YOURSELF & YOUR HORSE

My name is Cat, I am an Equestrian Relationships & Personal Coach, facilitating fellow heart led equestrians and their horses to shift their relationship with themselves and each other, through safety, attunement and authenticity.

I love supporting human & horses to see, hear and understand each other as equal relational beings, support them to create the safety they need to grow connect, heal and grow and empower them to follow the un beaten track of their own process. My clients often say this work isn't just about fixing a problem, it's about embracing and opening a new approach that will ripple through other areas of life and relationships.

You will find me walking the Welsh countryside with my cobs Indi & Jack.



My qualifications: Certified Barefoot Personal & Professional Coach, Psychology BSc, Equine Massage Therapist.

Board: I am registered with the International Coaching Federation (ICF) and work within their principles and Ethics.