

# ABOUT ME

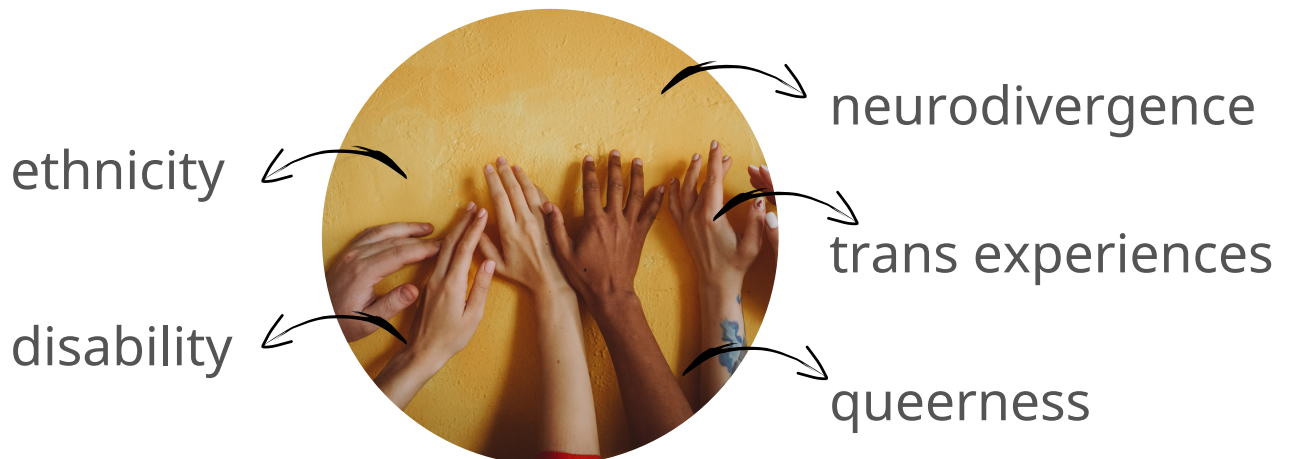


Hey, I'm Nadia (they/them)

I am an inclusive  
life coach.

I focus on your lived  
experience and your  
whole wellbeing.

I hold space for the  
unique ways we  
each move in the  
world



# MY VALUES

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collaboration

delight

optimism

care

welcome

calm simplicity

imagination

courage

celebration

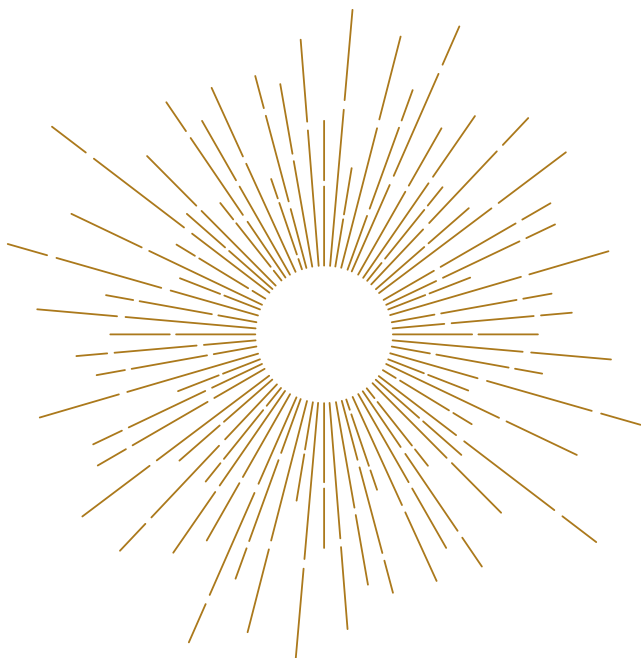
# CHANGE IS POSSIBLE

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We will work together to co-create the change and action you want to see in your life.

Here are just some of the things I can support you with:



explaining your needs

asking for help

boundaries

being visible

making time for rest

creating community

personal + professional  
transitions

managing your energy

remembering your magic

# I BELIEVE



in compassion



in self compassion



in the ripple effect of kindness



that small changes can lead to huge transformations



that we each have beauty and radiance within the story of our life



that change is easier when we have help, accountability and support to fly!

# I TAILOR THINGS TO MEET YOUR NEEDS. FOR EXAMPLE...



voice notes or emails



extra time, slow pace



plan for if you have to cancel a  
session



captions on Zoom



movement breaks during our calls



Easy Read always available



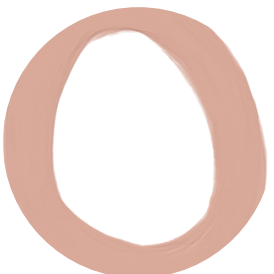
add stimming into our sessions



I will always value your lived experience.



I will always respect your sensory needs.



I will always consider your holistic circumstances.



I will always listen.

# MY OFFERINGS

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There are 3 ways that we could work together:

One-to-one coaching  
(Online)

Climate + wellbeing workshop  
(Online and In Person)



Events  
(Online and In Person)

I am based in east Scotland,  
near Edinburgh.



# ONE-TO-ONE COACHING



**Life coaching, your way.**



Sessions are online on Zoom,  
for wherever you live in the world.



Each session lasts 1 hour.  
Single sessions and long-term available.



Each session includes a short summary  
emailed to you afterwards.





## Pricing

I offer a sliding scale for coaching.

You choose which price to pay, based on your circumstances.

This is based on trust.

You do not need to share any documents.



1 coaching session

Choose from £55 / £100 / £145.



Block of 3 sessions (held weekly / fortnightly / monthly over 3 months)

Choose from a sliding scale of  
£165 / £300 / £435.

Pay in 3 installments by direct debit.



10% discount for block bookings of  
6 sessions (held weekly / fortnightly / monthly over 6 months)



Choose from a sliding scale of  
£297 / £540 / £783.

Pay in 6 installments by direct debit.

# PRICING STRUCTURE FOR COACHING



## EXPLAINED

**£100**

£100 is the true cost of a session.  
Please pay this if you can.

**£55**

£55 is for you if you have limited expendable  
income or savings.

**£145**

£145 is for you if you can comfortably and  
regularly access paid wellbeing services.  
By choosing this price, you are “gifting it  
forward” so that someone with less  
resources can access coaching at the lower  
price.

# CLIMATE + WELLBEING WORKSHOPS

**Bespoke workshops designed for teams and organisations**



Held in-house in your organisation, online or in person.



Designed for organisations that:

- want to focus on collective wellbeing
- are exploring doing things differently
- have an ethos of care towards people and our earth



We will take time to co-plan a workshop that meets your needs.



Past clients include Sniffer climate resilience organisation, and Adaptation Scotland.



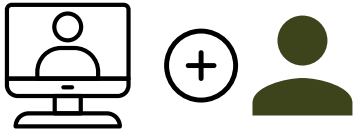
Price dependent upon workshop requirements.

# EVENTS



**I run events that celebrate all the magic in the margins.**

**I love creating soft spaces where we can get curious and playful together... away from the noise and responsibilities of everyday life.**



Events are held throughout the year, online and in-person.



Examples include:

- Space to Be Queer
- Space to Be Neurodivergent
- Co-Working Hang Out
- Space to Read

You can find and book current events on the Events page on the website.

Most events are free.

# CONFIDENTIALITY + ETHICS

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I follow the standards recommended by the International Coaching Federation Code of Ethics.

I will send you a coaching agreement so you know what to expect before we begin.

I take your privacy very seriously.

All information is securely stored.

I will never share or discuss any of your personal information with any 3rd party.

# WHAT PEOPLE SAY

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“

“What you offer feels like the most value of anything I’ve ever signed up for in my whole life.”

Sarah

“I will carry on working with Nadia because I think she is an utter dream of a coach, the person I want in my corner! ... brave, enthusiastic, loving, committed, caring and dedicated. ”

Lhamo

“I now have the tools to break away from difficult cyclical behaviour... I can pause, stand my ground and not be as affected.”

Maria

“Energetically, even though it was over the screen, what you put out there and how that relaxed my central nervous system so that I could go to some of those places that feel really uncomfortable to go to... that's such a gift.”

Bronwyn

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# SOUND GOOD?

## LET'S TALK!

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You can book a free Connection Call with me, or we can talk via email.

A Connection Call lasts 20 minutes.  
It happens online on Zoom.



It is a chance for us to chat.  
We'll see if we are the right fit to co-create what you are hoping for.

No obligation to sign up for coaching after our call.



# INTERESTED? SEND ME AN EMAIL!

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My email address is:

**[info@everydaywrites.com](mailto:info@everydaywrites.com)**

Please email with any  
questions at all.

Is there anything I can do  
to make the process more  
accessible to you?



Big love,  
Nadia xx