



Meet the Team



Micha
Founder

Micha began her career developing projects and leading a team of 100+ volunteers in the charity sector. In 2017, she followed her passion for mindset and became a qualified coach, working one to one with individuals experiencing mental distress.

Following a love of learning, Micha brings a host of evidence based practice to her 1:1 and group coaching sessions, to guide others towards their potential. She holds qualifications in Personal Training, Nutrition (including relationship to food + body), Mindset & Coaching, and post graduate diploma in Psychology of Well-being.

In her free time, she loves to travel, read and challenge herself physically, including swimming in a channel relay and serving as an army reservist.

Sam's has always been behind the scenes helping others. It began supporting entrepreneurs in fast paced, diverse environments, and evolved into teaching business studies. Often nicknamed 'The oracle' for her ability to see through and solve many problems, others gravitate towards her for guidance.

Sam has an incredible gift for seeing things clearly and getting to the root of a problem. She takes large, complex ideas and eloquently translates them to clear, actionable steps forward. Sam holds qualifications in Life Coaching (L7 Diploma), Meditation, NLP and a degree in International Business.

As an actress in a previous life, Sam loves all things theatre. She also enjoys exploring nature with long walks followed by a pub lunch ideally with wine and her Husband.



Sam
Head of Support



Emil
Well-being Coach

Emil has worked within apprentice provision for over a decade, training, coaching and mentoring 100's of individuals to develop their personal and professional skills and gaining a full understanding of the challenges apprentices can face.

Following personal experiences and a passion for others, he completed his level 2 & 3 counselling skills, alongside personal training qualifications. Known for his warm and empathetic nature, Emil creates a safe and non-judgmental space where individuals can freely explore their desires, fears, aspirations and way's forward.

In his free time, Emil likes to travel and explore outdoors with friends and family. He's a boxing and football fan, slightly addicted to coffee, and has a tendency to buy trainers! Remarkably he finds relaxation through Calisthenics workouts, and zoning out to his favourite tunes.



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Sarah
Well-being Coach

Sarah has both breadth and depth of experience having dedicated over 15 years to working with children, young people and families. Sarah worked as a coach within the NHS, supporting individuals from all aspects of health care. She has a passion for helping her clients to improve their lives, by empowering them to take control and find the right balance for them.

Sarah brings a wealth of knowledge, holding qualifications in Social Care (BSC), Social work (DIPSW), Post Graduate Certificate in Professional Development in Evidence Based Psychological Treatments and Coaching and Mentoring (ILM level 5).

Sarah is a full time mother. In her free time enjoys spending time with her family, exploring the great outdoors, cooking and attending music festivals.

Sarah started her career in sales and management across a variety of business sectors and companies. In 2014, she followed her passion for helping others and re trained as a counsellor. Studying for 3 years, alongside providing counselling support to 11-16 year olds on a voluntary basis. She also has experience in the education sector, supporting children and families, emotionally and practically.

Sarah brings a breadth of knowledge and experience to her counselling sessions, holding qualifications in Child and Adolescent Mental Health (Bsc) , Counselling (FdSc) ,CBT and Theraplay. She puts the individual at the centre of her work, working creatively together to suit their needs.

Sarah has taken on the wonderful task of homeschooling her children. She also loves reading, being outdoors and baking.



Sarah
Counsellor

Driven by a desire to make a tangible difference in people's lives, Ruth retrained as a counsellor and now specialises in counselling those who have experienced domestic abuse and grief. Her empathetic nature, combined with a deep understanding of interpersonal relationships, allows her to provide clients with the support and guidance they need to navigate through challenging times.

Ruth specifically focuses on encouraging clients to reconnect with themselves, find healing through inner-child work, and instil healthy boundaries so that they can enjoy great relationships both personally and professionally.

In her spare time Ruth loves playing saxophone, along with walks in nature, travelling and reading a good book.



Ruth
Counsellor