

Becky Durran

Life & wellbeing coaching for young people



Life for young people can feel overwhelming with its constant challenges, from managing day-to-day organisation, coping with periods of transition, making major education and career decisions, and navigating financial and living arrangements.

Through individually tailored online life coaching, I can help you tackle those everyday obstacles with practical strategies and actionable steps. Together, we'll break down your goals, build your confidence, and create a clear plan for overcoming challenges that might hold you back.

Ethical coaching

Ethical coaching principles are very important to me. This means maintaining complete confidentiality, unless there is a legal or ethical obligation to disclose information. I will agree clearly defined boundaries with you, and I will always be sensitive to your values, beliefs and experiences.

I will never offer or continue coaching if I do not believe that I can be of genuine help, and I do not take any payments by credit card.

About me

After studying psychology at Nottingham University and training to teach at Cambridge University, I taught and was a pastoral tutor in state school and college sixth forms for 14 years. For five years, I was a Leaving Care Worker, supporting young people aged 16-25 through life's challenges, as they leave the care system. I am a highly trained coach, with an ICF accredited Professional Coaching Diploma, an ADHD Works certification and EMCC Practitioner status. I am married, live in North Yorkshire and have two teenage children, one with ADHD.

For more information about online coaching, testimonials & FAQs, please visit:

beckydurrancoaching.co.uk

To discuss how I might be able to help, or for a free 'discovery session', please contact me via the website, or by email:

beckydurrancoaching@gmail.com



"Becky created a calm and safe environment that made it easy for me to open up. I highly recommend Becky as a coach, if you're looking for someone who is compassionate, insightful, and dedicated to helping you grow."

