

1:1 COACHING WITH ISABELLE

For people who care deeply - and feel held back by self-doubt

Are you standing on the edge of a decision, a shift, or something meaningful, but feeling stuck in overthinking, self-criticism or self-doubt?

You're not alone. And you're not broken.

HI, I'M ISABELLE!

Research and Coaching Psychologist



As a Coaching Psychologist, I work with thoughtful, values-driven people who are navigating change. Whether you're stepping into leadership, shifting careers, or trying to rediscover your confidence, we'll work together to move through uncertainty and doubt, not by getting rid of it, but by learning how to work with it.

What do previous clients say?

"Isabelle was non-judgemental, calm and always had the ability to encourage me to think 'out of the box'.

Since having the coaching sessions I have been more proactive and productive, at home and at work.."

"I absolutely love being coached by Isabelle. She has such a great way of coaxing out the thing that's keeping you stuck. I could not recommend her more highly. She holds space for you to work through your stuff and helps you explore every new layer as it comes to the surface."

"...kind, warm and understanding while at the same time being direct - 'prodding' me to dig deeper in order to discover the strengths I have within.."

Check out my Google Reviews for more testimonials

IN OUR COACHING SESSIONS WE MIGHT EXPLORE:

- What really matters to you, and what's getting in the way
- How to step out of self-doubt loops and into meaningful action
- How your context (internal and external) shapes how you show up
- What helps you stay grounded, confident, and flexible, even when things are hard

MY APPROACH:

Rooted in evidence-based psychology, (especially functional contextualism and psychological flexibility), our work will support you to:

- Understand your thoughts without getting tangled up in them
- Use emotion and self-awareness as tools, not obstacles
- Take action in line with your values, even when the inner critic feels loud!

Next Steps

If you're thinking of working with a coach, it's so important to make sure you find a fit that feels good for you! That's why I offer a complimentary 30 minute discovery session for all prospective new clients.

I work with both self-funded clients, and organisations, and can accommodate a whole range of coaching requirements from one-off sessions to large scale development initiatives

Contact me at hello@isabellefielding.co.uk, to find out more.

Evidence-based training, coaching and consultancy solutions for fast-growing, values-led businesses.

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