How Fireside Spirals work

The Fireside · https://the-haven.co/docs/book-a-fireside-spiral/

Fireside Spirals combine in-person, reflective, and asynchronous coaching. They effectively open multiple levels of processing, which allows you to bring greater insight and understanding to your "project".

The Four Elements of a Coaching Spiral



1. Conversation

The Spiral starts with a live one-to-one conversation (60 minutes).

This call centres around your project (the reason you came to coaching). For example, a specific outcome you want to achieve, an area/idea you want to explore, or an exploration of potential options in relation to a deep as yet undefined desire for a change.



2. Follow-Up

In the week following the live call, I send some follow-up questions based on our conversation. These can be helpful prompts to help engage ongoing processing between sessions.

These are simple open questions and prompts to help guide and support your processing and internal conversation.



3. Insight

There is space in the Exploration Journal to write responses to my questions. Or you can do this as an voice memo audio message. You can respond to my follow-up questions/prompts if they are helpful, or you can share anything that has been on your mind between sessions.



4. Support

Once I receive your response, I record a video reply, with my reflections and a short sound anchor meditation. It is a bit like a personal podcast, which aims to help you maintain connection with your project.

The video also helps bridge from one Spiral to the next.

Booking Spiral Blocks

I want this journey to feel safe, flexible, and open. That's why I provide pre-booked Coaching Spirals in blocks of one, three, or six. Learn more and book here.