

PREPARATION

Preparing for Your First Session

Practical guidance on what to expect, what to bring, and how to arrive with less anxiety. Feeling nervous before a first session is completely normal — most people do. Nothing about it needs to be perfect.

What to expect

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| 01 | A gentle start | The first session is mostly a conversation. We will talk about what brings you to counselling, and you share only what feels comfortable. |
| 02 | Practical matters | We will cover confidentiality, how sessions work, and any questions you have about the process. You are welcome to ask anything. |
| 03 | No pressure | You do not need to have the “right words” or a clear story. Uncertainty, silence, and “I don’t know where to start” are all welcome. |
| 04 | Your pace | You remain in charge of what you share and when. Nothing is required of you beyond showing up. |

Before you arrive

- If it helps, jot down a few words about what you would like to talk about — but this is entirely optional.
- Give yourself a little extra time so you are not rushing. Arriving a few minutes early lets you settle.
- Try a slow breath or the 5, 4, 3, 2, 1 grounding exercise while you wait.
- Afterwards, be kind to yourself. First sessions can stir things up — a quiet walk or a warm drink can help you land.

None of this is homework, and none of it is required — take what feels helpful and leave the rest.