EMPOWERED
COACHING & CONSULTANCY

Confidentiality statement

Last updated: 22 October 2026

Confidentiality is the foundation of good counselling and coaching. Emma works within the ethical framework of the National Counselling and Psychotherapy Society (NCPS) for counselling, and the European Mentoring and Coaching Council (EMCC) for coaching.

What is kept confidential

Everything you share in counselling or coaching is treated as confidential. Notes are kept to the minimum needed, stored securely in Cliniko, and aren't shared with anyone without your consent, except in the situations below. Our Privacy notice explains how your information is stored and how long it's kept.

The limits of confidentiality

Confidentiality may need to be broken if:

- there is a serious risk of harm to you or someone else
- a child or an adult at risk is being harmed, or is at risk of harm
- Emma is required by law to share information, for example under terrorism legislation or a court order
- you give consent for Emma to speak with another professional, such as your GP

Where there is a serious risk to your safety or someone else's, Emma may contact your GP, the emergency services or safeguarding authorities without your agreement. Where it's safe to do so, she'll talk to you about it first.

Clinical supervision

Like all ethical practitioners, Emma discusses her work with a clinical supervisor to keep it safe and effective. These discussions are anonymised, and your identity isn't shared.

Funded and workplace sessions

If your sessions are funded by your employer or another organisation, we only share what you've agreed to, such as attendance. What you talk about in sessions stays confidential, within the limits above.