



Counselling via ZOOM

What to expect?

The same principles that work in face-to-face counselling are applicable to working via Zoom. Sessions duration, cancellation policy, confidentiality and general direction of work do not depend on the format. More information about all the conditions can be found in the administrative contract.

Online counselling is a separate format of work. It may not suit some people, but often happens the opposite. For many people working online is better than meeting face-to-face. Anyway, I usually suggest at least to give it a chance. Apart from gaining a new experience, you may benefit from such advantages of Zoom counselling as a lower cost, saving time for travelling, being at the comfort of your own home, mobility and flexibility.

On the other hand, there are some particular features of working in online. Here are some of them:

CONNECTION QUALITY

Please ensure that you have a stable Internet connection. I know that sometimes it is difficult to control such things, but it is important at least to remember about them.

COMFORT AND PRIVACY

It is important that during the session you are in a quiet and comfortable room where you can't be heard by others. Please ensure that your family and friends do not distract you. This should be the time just for yourself.

START OF THE SESSION

When you are ready to start a call, please, enter my Zoom virtual room (Meeting ID: 931 381 0393 Password: 5157680). You can also access it via link that I can email you if necessary. You can either enter Zoom via your browser or download Zoom application. You will to the virtual waiting room first and I'll let you in soon to start our session.

NATURE OF OUR WORK

Despite the fact that during our work deep and personal topics are raised, the nature of such work still remains formal and structured. Please consider this when choosing your room and appearance. It is important for me that during the session you feel comfortable and free, but still I ask you to refrain from such extremes as wearing only underwear or lying in a bed. :)

IF SOMETHING IS WRONG

I know that Zoom introduces additional unpredictability during the session. We can discuss any peculiarities or questions that may arise separately or during the session.

PAYMENTS

If not agreed otherwise, I will send you an invoice by email after each session. It can be paid by any bank card or using a Paypal account. Please pay the invoices within 24 hours upon receipt.

PAYMENTS WITHIN THE UK:

Account number: 03946630

Sort Code: 40-47-63

Recipient name: mrs g konoplianyk

PAYPAL: ganna@hourtalks.com