

Accessibility Statement

I am committed to creating an inclusive, respectful and accessible coaching environment for all individuals, whether sessions are delivered in person or online.

Online Coaching

Online sessions are conducted using accessible video conferencing platforms. I aim to ensure that clear joining instructions are provided in advance and sessions are scheduled with consideration for time zones and personal circumstances; closed captions or accessibility features can be enabled where required, and materials can be shared in alternative formats upon request.

If you require adjustments to support your participation, including additional breaks, alternative communication methods, or adjustments for sensory, cognitive or physical needs, these can be discussed and agreed in advance.

In-Person Coaching

For in-person sessions, I aim to meet in locations that are safe, professional and reasonably accessible, consider mobility requirements and physical access needs, and agree session environments that are comfortable and suitable for confidential conversation.

If specific accessibility requirements are needed (e.g., step-free access, seating arrangements, lighting considerations), I will make reasonable adjustments wherever possible.

Commitment to Inclusion

I welcome open discussion about any access needs, disabilities, neurodiversity, health conditions or personal circumstances that may affect your coaching experience. Adjustments can be agreed collaboratively to ensure sessions are supportive, inclusive and effective.

My coaching practice is grounded in respect, equity and psychological safety, and I am committed to providing an environment in which all individuals can participate fully.

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