

ENM Coaching

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What is ENM Coaching?

ENM (Ethical Non-Monogamy) coaching supports people exploring or practicing non-monogamous relationships. It focuses on building self-awareness, communication, and relational skills to help navigate the complexities and rewards of non-monogamy. In our coaching sessions we will work to clarify everyone's needs, set healthy boundaries, and develop strategies for managing emotions like resentment, jealousy or insecurity but ultimately creating the foundations of the relationship that works for you. Through guidance, reflection and exercises, we will work on fostering connection, mutual respect, and personal growth, helping you create fulfilling, ethical, and resilient relationship structures outside conventional monogamous frameworks.

How will we do it?

The ENM coaching programme is a 12-session journey designed to help individuals and partners explore and navigate non-monogamous relationships. Divided into several key themes, the programme covers topics such as defining personal values, managing uncertainty, setting boundaries, effective communication, and understanding relational dynamics. The programme incorporates reflection, discussion, and practical exercises to reinforce learning, fostering a supportive environment where clients build tools for resilience, respect, and fulfilling connections in their chosen relationship structures.

During our first sessions we will establish what issues or topics are most important and hence should be prioritised.