

## Homepage

### A space to think.

At Noein, you step into a quiet space of reflection – a place to slow down, explore your thoughts, and rediscover what feels true for you.

It's a calm space for honest conversation, thoughtful insight, and gentle transformation.

Coaching here isn't about receiving answers. It's about reconnecting with yourself – uncovering what's already within you.

It's coaching that begins with awareness, deepens into understanding, and moves naturally into meaningful change and action.

*– A space to think. A space to understand. A space to become.*

## About Me

I'm Alexandra – an Architect and Transformative Coach, and the founder of **Noein**.

My journey into coaching began while expanding my own career. As I grew in architecture, I realised the skills I loved most were the human ones: listening, guiding, helping others make sense of their thoughts. Over time, this became more than an interest – it became a natural path forward, hence trained as a Transformative Coach with the Animas Centre for Coaching.

**Noein** is the space I once needed myself:  
a calm place to think, reflect, and reconnect with what feels true.

### A space to think.

### A space to understand.

### A space to become.

At **Noein**, I support individuals and professionals who, like I once did, feel a pull toward something more aligned – a desire to reconnect with themselves, gain direction, and build confidence in the choices ahead.

## My Philosophy

Life is often influenced by factors we don't fully notice. In our busy, demanding, and sometimes stressful lives, it's easy to lose sight of what truly matters, and we can end up living a life that doesn't fully reflect our dreams or values.

Coaching helps us pause, notice the choices we've actually made, and understand the reasons behind them. It also helps us reconnect with our values and remember where we want our choices to take us, so we can live with greater intention, clarity, and alignment.

## **My Coaching Style**

My approach is reflective, calm, and centred around awareness. I meet clients where they are, following their pace, their questions, and what naturally arises in the space we create together. I believe that when we understand the thoughts, patterns, and assumptions shaping our lives, we begin to act with greater clarity and intention.

## **My Qualifications**

Accredited Diploma in Transformative Coaching

RIBA Professional practice Qualification (Part 3)

Pg Diploma in Architecture (Part 2)

BA (Hons) Degree in Architecture (Part 1)

## **What people say**

"Working with Alexandra was a truly valuable experience. From the very beginning, she created a safe and comfortable space where I felt at ease sharing my thoughts and past experiences. Through her guidance, I gained deeper self-awareness, a clearer understanding of my strengths and areas for growth, and a fresh perspective on my professional environment. The exercises and reflections challenged me in the best possible way, pushing me to think differently about both my career and my life. I am very grateful for the insights I gained and would highly recommend Alexandra as a coach to anyone seeking personal or professional growth. Thanks."

V.H.

"Alexandra was considerate and thought provoking throughout the coaching. She had a considered yet straight forward approach"

Name withheld

"It's been great working with Alexandra. Her calm, empathic approach create a trusting environment and her active listening skills made me feel heard."

Name withheld

"Working with Alexandra has been a helpful experience. Her support and attentiveness have helped me gain new perspectives and make some progress towards my goal. I appreciate her thoughtful approach and would recommend her to anyone looking for personal or professional growth."

Name withheld

"These sessions are useful to help you realise you have all the tools and answers to achieve what you want in certain aspects of your life."

Name withheld

"I have learnt so much about myself during our sessions and I would highly recommend them for anyone who is questioning their direction in life. Thank you so much."

Name withheld

## Work With Me

I offer one-to-one, 60-minute coaching sessions online (via Teams), creating a calm and supportive space for you to reflect, and explore what matters most.

If you're curious about how coaching could support you, I invite you to book a **free 30-minute Discovery Call**. It's a relaxed conversation where we can get to know each other and see whether the approach feels right for you.

Payment and scheduling details are shared once you're ready to begin.

I offer sessions mostly **in the evenings and on weekends**.

## Contact Me

I'd love to hear from you.

Whether you're curious about coaching, have a question, or want to book an introductory call, please reach out.



[your email]



[Instagram link, LinkedIn link]



[Button: Book a Call]