

WELLBEING COACHING



Wellbeing coaching allows individuals the time and a safe space to focus on themselves and set goals to improve their levels of wellbeing.

Individual or group wellbeing coaching can be delivered for either one off sessions to re-focus on specific areas of wellbeing through to a programme of sessions allowing multiple areas of wellbeing to be focussed on.

Wellbeing coaching will focus on:

- Identifying current levels of wellbeing
- Understanding wellbeing goals and aspirations
- Reflecting and resetting
- Exploring personal motivations and commitment levels
- Determining any challenges or obstacles
- Establishing plans and what help is needed
- Breaking down goals to make them achievable
- Holding individuals accountable and supporting them on their journey

The benefits of wellbeing coaching include; building self awareness and confidence, increasing motivation and empowering individuals to take responsibility for their own wellbeing.