

Coaching for Wellbeing



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2016

YORK ST JOHN
**COMMUNITIES
CENTRE**

Est.
1841

**YORK
ST JOHN
UNIVERSITY**

Coaching for Wellbeing

What is coaching for wellbeing?

Coaching involves a conversation with a skilled and respectful listener who has two main aims. The first is to help you better understand yourself, your relationships with other people and the way you act in the world. The second is to help you to identify goals and make plans for realising them.

Contrary to a widespread misconception, coaching does not generally involve advice-giving. Coaching is a partnership of equals; coaches work on the assumption that each person is the expert on their own life, and that no coach can know what's best for someone else.

A further assumption is that people generally have skills, resources, and personal qualities that they aren't fully aware of, and beliefs and values that they might not be embodying. Bringing these aspects of ourselves into fuller awareness, and finding ways to express them more intentionally, is good for our wellbeing and for that of our family, friends and colleagues.



Just as each person's interests and values differ, so does their idea of wellbeing and how they manage this. Our coaches can help you to:

- Better understand yourself and your needs
- Explore your life and the possibilities that are open to you
- Identify your untapped resources and your potential
- Choose which courses of action makes most sense to you, and start to implement desired changes in your life

Together you can work on exploring how to manage your self-care and wellbeing (and what this might look like to you), provide support and accountability in creating a routine that works for you, helping you to focus on what you need when life can feel overwhelming. You will also assess each area of your life to review where you're at, where you would like to be, and what sustainable changes you can implement to support you.

How does it support people?

The great psychologist Carl Jung observed that the shoe that fits one person pinches another. In other words, there is no universal recipe for psychological wellbeing. Some people need to find a strong sense of meaning and/or spirituality; others find deep fulfilment in the world of family and relationships; others need a creative outlet; others need to find activities that bring them more fully to life, whether this involves career, voluntary work or leisure. Coaching at the Centre can be focused on whichever aspects of a persons life that seem relevant to the overall aim of improving their wellbeing.

Supporting YSJ Communities Centre

Your donation makes a great difference! It supports us to cover the costs of providing free services such as our Drop-ins, Emotional Support Groups and Self-development, Bereavement Groups and Parent and Family Drop-Ins. As our income grows, so too does our staff team, counsellors, coaches, and group facilitators. Anything that you are able to donate, can help support us being able to support the work we do and the services that we offer to our community.

www.justgiving.com/campaign/ysjcc



How is coaching different from counselling?

Whilst coaching is in some respects similar to counselling, a key difference is that coaches do not seek to explore and heal emotional wounds. By comparison with counselling, coaching is also more goal-focused, and is therefore generally more orientated towards the future than the past. However, coaches do not ignore the fact that we are complex emotional beings. The coach will work on the assumption that learning how to regulate your emotions and interpret their messages correctly is a cornerstone of your overall psychological wellbeing. If, during the course of the coaching, it becomes clear that the client needs a more therapeutic form of conversation in order to heal or unblock emotionally, their coach will work with you find the right kind of help, whether this is at the centre or elsewhere.

How much do sessions cost?

The Centre offers a sliding scale, from £30 to £50 per session.

How to access coaching for wellbeing?

You can self-refer by completing our online self-referral form, which is available on our website at:

www.yorksj.ac.uk/ysjcc

Following submission of your form via the website, you will be contacted by a trained member of the Centre office team to finalise information and to identify next steps.



What have previous coachee's said?

I have had therapy before and found the coaching much more beneficial for me, rather than just taking about what's happened to me in the past and how it made me feel coaching felt much more proactive and had an end goal/outcome at the end of each session that I could build on and work on.

