

# What is Wellbeing Coaching?

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Wellbeing Coaching has a specific focus on increasing your wellbeing and helping you get things under control so that life feels more manageable.

Through focussed exploratory conversation, a Wellbeing Coach asks questions to help you work out where you're at now, where you want to be and how you can move towards that by making changes. You direct and lead the journey; we guide and ask questions but do not advise or aim to solve your situation. Then, you can learn how to navigate for yourself.

## Lived Experience

As a Wellbeing Coach with Lived Experience I have experience of making changes to improve wellbeing in challenging times. I have additional training and practice in sharing my own experiences when it is purposeful and meaningful. We don't need to have had the same experiences you're having and I won't assume we have, but rather I bring an understanding of how difficult it can be to make changes and build strategies to boost wellbeing.

## What is coaching?

- Coaching focuses on my present situation and future direction.
- Coaching is a collaborative, shared inquiry: Coaching questions help me work out what I want and the steps I can take to achieve this.

## Our roles

**A Wellbeing Coach** is curious and asks questions to help you work out what you want and the steps you can take to achieve this. Wellbeing Coach does not advise, solve or impose views.

**You** take ownership of your journey and are open to learning along the way.

Coach	Coachee
Appreciates Facilitates Nurture Challenge Empower Explore Creates a safe space A coach will not advise, solve or impose their views.	Open to learning Knows there's no quick fix Willing to enter shared enquiry Accepts they need to take action Feedback to Coach what's working / not I take ownership of my journey and am open to learning along the way

From Role of a Coach / Coachee

## Through Wellbeing Coaching you can:

- Increase **awareness** of what's happening for you right now
  - Improve **understanding** of what's working for you / not, what you want / need
  - **Connect with** what's important for you, how you want things to be, your motivations
  - **Build** strategies to improve your wellbeing and move forward
  - Feel **resourced** to manage inevitable stresses in life.
  - Learn to **prepare** and **coach yourself** through future times of stress.
  - Know when and how you can **access support** and implement self-care strategies.
  - Know what can bring stress and what helps you **manage** it.
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