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 actively living out in their current lives. 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.
In short, coaches believe that we all have the ability, given the right support, to find more satisfactory answers to the questions that life poses us. The coach’s role in the partnership is to use their skills of listening, reflecting, and questioning to help you to:
~ explore your life and the field of possibilities that’s open to you
~ identify your untapped resources and your unrealised potential
~ choose which courses of action make most sense to you
~ make the desired changes to your life

The clients role is to commit to the process by being open to new insights about themselves and their life (some of which might not initially be entirely welcome), and by being genuinely willing to make changes. We sometimes find that it’s easier than we’d imagined to change even well-established ways of thinking and acting, but equally, we can encounter unexpectedly strong resistance from within ourselves. On these occasions, a successful outcome to the coaching work requires persistence and a degree of courage.

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.
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 to 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 £25 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.”