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2016

YORK ST JOHN  
COMMUNITIES  
CENTRE

# COACHING FOR WORKER WELLBEING

Are you a business owner or employee of a micro-small-medium business? If so you may be eligible for five **free** coaching sessions, **fully funded** in partnership with City of York Council's Inclusive Growth fund.



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# Coaching for worker wellbeing

## FULLY FUNDED COACHING FOR WORKER WELLBEING

In partnership with City of York Council's new free mental health support package, York St John Communities Centre is offering free personal wellbeing coaching sessions to business owners and employees of micro to small-medium businesses in York. The project, which is being funded through the council's Inclusive Growth fund, will provide each coachee with five free coaching sessions, either via telephone or videocall.

City of York Council is providing support to business owners due to the impact that the cost-of-living crisis has had on many business owners' and employee's mental health and wellbeing. Therefore, Coaching for Worker Wellbeing is offered to those working in micro, small and medium businesses. Sessions are focused on the individuals wellbeing, and discussion topics led by the coachee.

## 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.



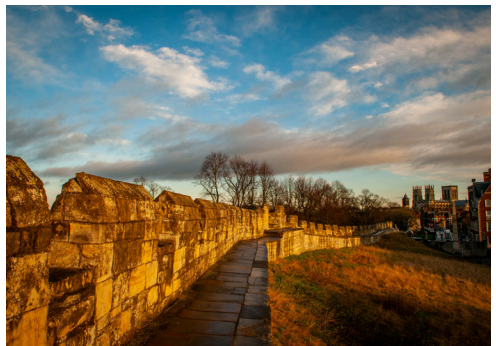
Just as each person's interests and values differ, so does their idea of wellbeing and how they manage this. Our coaches can help you to:

- 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.



## HOW TO ACCESS COACHING FOR WORKER WELLBEING

As this is a limited funded opportunity, coaching spaces will go on a first come first serve basis.

You can self-refer by completing our online self-referral form:

<https://yorks.solvefit.co.uk/csr>

When completing the form you will need to select 'Coaching for Worker Wellbeing' under the 'Referred for' drop down menu.

Although fully funded, you will need to select the 'Coaching payment' fee, in relation to your annual income (for internal funding purposes only).

- £30 for £24,999 or less
- £35 for £25,000 to £29,999
- £40 for £30,000 to £34,999
- £45 for £35,000 to £44,999
- £50 for £45,000 or more

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. We will need to know a few details before we can start your coaching such as; your role at the business, business name and address, type of business, industry, number of employees, and age of business.

Coaching for Worker Wellbeing in partnership with City of York Council.

## HOW MUCH DO SESSIONS COST?

Nothing! If you are a business owner or employee of a micro, small or medium business within York, then you could access up to five free coaching sessions.

### “ WHAT HAVE PREVIOUS COACHEE’S SAID? ”

I found it useful in that I had a sounding board there to get everything I was thinking or feeling out. Once out everything felt a lot more manageable and less overwhelming. Knowing what I can do, what I’m good at and how I can take positive actions.



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