

## What does youth health and wellbeing coaching involve?

- Working with young people aged 11 - 17 years old
- Average of 6 - 8 sessions
- Following a holistic approach
- Providing a safe and confidential place to talk
- Offering impartial, trustworthy support without judgement
- Focusing on developing understanding and taking responsibility
- Helping to build emotional resilience
- Supporting progress towards individual, personal goals



## Who could benefit from youth coaching?

Anyone who wants to understand and better manage their:

- Low mood and/or anxiety
- Low self esteem / self confidence
- Emotions and stress levels
- Social anxiety, loneliness or friendship difficulties
- School environment and key transitions
- Individual identity and ability to achieve future goals



## Coaching is not...

- Therapy such as counselling/psychotherapy which explore past experiences, diagnose and treat emotional and psychological problems
- Giving the answers or solutions

Coaching is...Helping our youths take control by asking "what matters to you and where do you want to go?"

## How can you access coaching?

All referrals for youth coaching come via the youth social prescribing team who can be accessed via your GP.

For more information visit [www.easthantspcn.co.uk](http://www.easthantspcn.co.uk)

