

Children and Young People's Wellbeing Coaching

What is Wellbeing Coaching?

Coaching is person centered and is focused on moving forward. The coach will work with the young person to identify areas that are causing them difficulty, supporting them in goal setting and developing positive coping strategies. The aim is to empower the young person to overcome barriers and increase their wellbeing.

How does it differ from counselling?

Coaching is future focused and involves collaboration between the coach and young person to reach their goal. There is a strong emphasis on practice of techniques outside of sessions.

How is it delivered?

Coaching can be delivered both one to one and in groups. Coaching runs for up to six sessions, between 45 mins and 1 hour. Coaching is delivered by experienced Lancashire Mind staff, using a range of high quality resources to support the sessions.

What do we cover?

We work with young people experiencing a range of challenges, including anxiety, sleep difficulties, confidence and self esteem.

What don't we cover?

We are not able to work with young people already within CAMHS services, or those we feel need a different style of intervention, such as counselling. We will gather information from the referral and first assessment, and if a young person is unsuitable for our service, we will signpost to an appropriate organisation.

