

Coaching for social anxiety



Coaching is a thought-provoking, present and future-focused process, enabling a person to explore their options and create solutions for themselves, improving their outlook and self-awareness, and empowering them to make positive, desired changes in their life.

How Can Coaching Help?

A Coach can assist with thinking in a balanced way; understanding the strategies that work for a person and learning from those that don't; addressing any 'blockers' that they might be experiencing; and developing healthy personal strategies to manage emotions and behaviours. A Coach will not give advice or explore traumatic events of the past in the manner of a counsellor.

Coaching can help a person to explore issues, unblock barriers, see different perspectives and increase the options that are consciously available to them; supporting them to make wise decisions and take action for themselves, moving towards achieving their desired outcome.

Our Approach

We believe people are capable of generating their own solutions through supportive, discovery-based frameworks. The coaching process involves a balance of support and gentle challenge, focused on encouraging personal growth through self-initiated change in pursuit of desired personal success.

Our coaching practises incorporate new discoveries in neuroscience. Our Practitioners qualifications include NLP and *mBIT* coaching, and Applied Suicide Intervention Skills (ASIST).

We can provide a Specialist Creative Coach for working with people who struggle to verbalise their experiences and prefer to integrate therapeutic creative activities into their coaching session.

*We can also offer a Specialist Coach for Children and Young People.

Please tell us if these are required when you refer your client.

How Is Coaching Delivered?

Coaching can be provided face-to-face, or via video or phone call.

For face-to-face sessions, we may choose to work with a client in a public space, utilising the therapeutic benefits of the blue-green spaces around us; or we may book a therapy room depending on the coaching context. In some circumstances, where it is required and deemed safe to do so, we may visit clients in their home.

*Our Specialist Young Person's Coach only sees clients in Mount Hawke.

Available for £360.00 for six sessions. Missed sessions and late cancellations will be invoiced for. Please complete and return the [referral form](#) to get started.