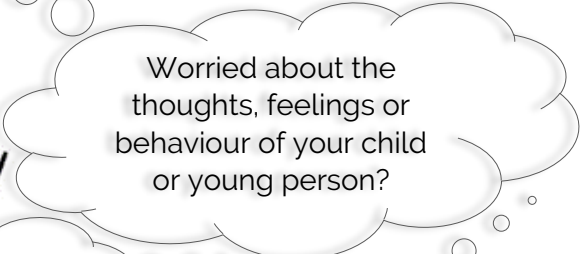


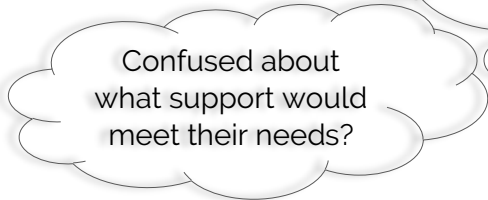
The Therapeutic Coaching Company




An Introduction to Therapeutic Coaching



Worried about the thoughts, feelings or behaviour of your child or young person?



Confused about what support would meet their needs?



Unsure how to help them?

Therapeutic coaching is the innovative integration of counselling and coaching, combining the core features of Person-Centred and Human Givens Counselling with Cognitive Behavioural Therapy and Coaching. It uses the strengths of all of these approaches to best meet your specific needs, or those of your child or young person.

Who can it help and how?

- ☺ Anyone from the age of 7 years upwards, including adults.
- ☺ With a wide range of problems including anxiety, worry, anger and self-harming behaviours.
- ☺ Provides a confidential and non-judgemental safe space in which problems can be resolved and emotional health and resilience increased.
- ☺ Teaches evidence-based knowledge and skills to improve wellbeing, enlighten positive choices and work towards goals and the preferred future.
- ☺ Can be effective in as few as 5 sessions.
- ☺ Talks and workshops available sharing the techniques and strategies of therapeutic coaching with groups.

What have people said about it?

A secondary age young person said,...

'The strategies I have learned to cope with anxiety have helped me. I have been able to prevent or reduce the impact of worrying.'

After 3 sessions, the parent of a primary age child said...

'...she then went back to the game and continued to lose, but was extremely calm and didn't react badly at all. This has NEVER happened before. I was amazed! ...She calmed down almost immediately and went back to it and kept going. I was so impressed. I have recommended you to everyone I know. Even my husband has noticed the difference in her!'

How is it available?

Anyone can book one to one therapeutic coaching sessions to meet their specific needs. Get in touch to book a consultation.

TC4Talks - Group talks and workshops covering different aspects of therapeutic coaching. Find out how you can help yourself, your child or young person, or your pupils and students. Visit the website to see what's coming up. If you can't find what you're looking for get in touch to let us know!

'Sue's training was superb. Informative, insightful and engaging...'

**Sue Trent, BSc (Hons) Psych MBPsS, PG Cert CBT CYP
Fusion Certified Therapeutic Coach and Master Trainer.**

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