

We offer free coaching

to care-experienced young
people aged 16-27

What is coaching?

Coaching helps you identify and **achieve future goals**, build **confidence**, and address self-limiting beliefs. It's conducted **virtually** by a qualified coach, usually **weekly**, for 3-6 months.

The one thing I will take from my coaching sessions is **believing in myself**.

What kind of goals can I set?

Anything you want to work towards.

Such as:

- Work, business & careers
- Study and education
- Confidence
- Discovering what is important
- Building your social circle

Find out more &
sign up:



Email us at:

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