

LIFE COACHING.

DELIVERED BY BECOME

Introduction

At Become, we believe there is a world of potential in every young person. If you work with care-experienced young people, we're sure you feel the same way. If you know a young person who needs help to bring about positive change in their life, consider referring them to our life coaching programme.

Life coaching

Life coaching is a process which helps people **achieve goals and improve their well-being**.

The starting point of life coaching is that **everyone has the potential within them to thrive**.

Life coaching gives young people the power to unlock their own potential for positive change, by providing them with the tools to build resilience, improve wellbeing and understand themselves better. Coaching empowers young people to think about and move forward positively in their lives, by creating and working towards goals that are meaningful to them.

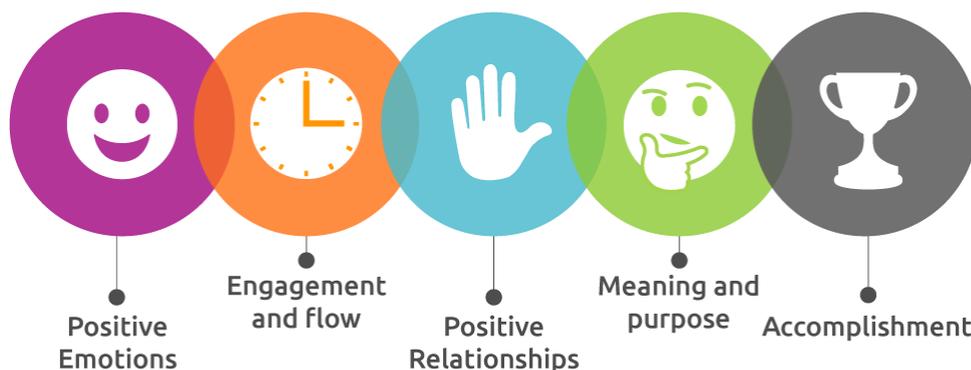
Our life coaching programme aims to achieve profound, positive and sustainable improvement in young people's wellbeing and give them the tools to shape their future with optimism and resilience.

The programme

Our life coaching programme is a free, bespoke service for care-experienced young people aged 16 to 25. Through one-to-one coaching and group work, life coaching helps young people to:

- Identify their strengths and the things that are important to them
- Set meaningful goals and create action plans to move forwards in their life
- Build motivation to achieve the things that are important to them
- Turn problems into solutions
- Feel more positive about their life and future.

Our programme is designed to increase emotional well-being, through focusing on the following:



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One-to-one life coaching sessions

To achieve wellbeing and happiness we need to strive for success, so that we can look back on our lives with a sense of achievement. This means setting goals and ambitions that we work towards and keep in sight. It helps us build hope for the future as successes make us feel more confident and optimistic.

Young people meet with their coach for one-hour, face-to-face meetings for a number of sessions depending on their aims and needs. Together with their coach, the young person explores different areas of their life, to discover where they want to create positive change. They define their own personal goals, which could be short-, medium- or long-term. Working with their coach, they map out the best way to reach their goal. Over the course of the programme, they will take steps towards achieving them.

Group coaching sessions

During their time on the programme, young people also get to meet other care leavers through our group sessions on evenings and weekends. These sessions focus on learning tools to improve wellbeing, based on the themes below.

Positive Emotions

Positive emotions have an impact on our outlook. Feeling good helps us perform better, it boosts our physical health, strengthens relationships and inspires us to look to the future with hope and optimism.

The positive emotions sessions provide a range of tools, techniques and ideas to take away and put into practice, to bring about an increase in positive emotions.

Positive Relationships

We all have a need for connection, love, physical and emotional contact with others. We depend on the people around us to help us maintain balance in our lives and perspective on the world.

These sessions explore the characteristics and value of positive relationships, providing tools to build healthy, strong relationships, including the relationship we have with ourselves.

Engagement and Flow

When we engage in something challenging and which requires us to use our greatest character strengths, we enter a state of 'flow' - becoming absorbed and focused. We are most likely to fulfil our own unique potential when we feel absorbed and have this momentum.

Young people will identify their signature strengths and opportunities to put them into practice to experience more 'flow' in their daily lives.

Meaning & Purpose

We are at our best when we dedicate our time to something greater than ourselves, whether this be community work, a cause, faith, or a professional or creative goal. It's important to feel that the work we do is consistent with our personal values, providing a sense of direction and purpose.

In this session young people identify their values/passions and explore opportunities to create or uncover meaning in their lives.

If you have further questions about our life coaching programme, please email us at: engagement@becomecharity.org.uk, or call us on 020 7251 3117.

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