

COACHING IN MIND



A SUPPORTED SPACE FOR THINKING AND
FEELING BETTER



"Thinking about anxiety as a cycle I was trying to break out of, helped to clarify things for me. I realised that picturing the diagram in my head allowed me to identify and begin to understand all the different things I was feeling. It was like having a map to the source of what was going on inside me".



COACHING IN MIND

A SUPPORTED PLACE FOR YOU TO THINK AND
FEEL BETTER



**BY LEARNING A LITTLE MORE ABOUT WHAT IS GOING ON IN YOUR MIND AND
WITH HELP FROM YOUR COACH, YOU WILL BE ABLE TO MAKE CHANGES
THAT CAN HELP YOU TO TAKE MORE CONTROL OVER HOW YOUR EMOTIONS
ARE MAKING YOU FEEL AND BEHAVE.**

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COACHING IN MIND - HOW CAN WE HELP?

DO YOU HAVE FEELINGS OF ANXIETY THAT ARE BEGINNING TO STOP YOU FROM DOING THINGS YOU NORMALLY ENJOY OR LIKE TO DO?

IF THE ANSWER IS YES, OUR COACHING IN MIND TEAM WOULD LIKE TO HELP YOU.

COACHING IN MIND CAN HELP YOU TO BE ABLE TO MAKE POSITIVE CHANGES AND TAKE MORE CONTROL OVER HOW YOUR EMOTIONS ARE MAKING YOU FEEL AND BEHAVE.

ANXIETY IS THE FEELING YOU GET WHEN YOU'RE WORRIED OR SCARED ABOUT SOMETHING, ALTHOUGH ANXIETY FEELS DIFFERENT FOR EVERYONE.

SOME ANXIETY CAN BE HELPFUL AS IT CAN KEEP YOU SAFE FROM DANGER. IT'S ALSO NORMAL TO HAVE TIMES WHEN YOU FEEL MORE AND LESS ANXIOUS. ALMOST EVERYONE GETS ANXIOUS AT TIMES BUT SOMETIMES ANXIETY CAN NEGATIVELY AFFECT OUR EMOTIONS, THOUGHTS, BEHAVIOURS AND THE PHYSICAL SENSATIONS WE EXPERIENCE. IF THIS IS INTERFERING IN YOUR DAY TO DAY LIFE THEN IT MIGHT BE TIME TO TAKE BACK A LITTLE CONTROL.

AT COACHING IN MIND WE REALLY WANT TO HELP YOU TO IMPROVE HOW YOU ARE FEELING, BUT WE HAVE TO BE HONEST LOTS OF THE WORK WILL BE DOWN TO YOU. WE KNOW THIS CAN FEEL HARD BUT WE WILL BE HERE TO HELP YOU.

WE WILL CATCH UP WITH YOU EACH WEEK TO SEE HOW YOU ARE GETTING ON BUT ALSO TO SUGGEST EXTRA IDEAS THAT MAY HELP WITH YOUR PARTICULAR SITUATION OR FEELINGS.

IF WE WANT TO GET BETTER OR IMPROVE SOMETHING, WE NEED TO KEEP WORKING AT IT. FOR EXAMPLE WHEN LEARNING TO RIDE A BIKE, IT CAN FEEL TRICKY AT FIRST AND IF WE STOP PEDALLING, WE WON'T GO ANYWHERE. THE SAME IS TRUE WHEN YOU WORK WITH US THROUGH COACHING IN MIND AND USING THE SILVERCLOUD - THE ONLINE PART OF OUR SUPPORT.

WHAT ACTUALLY GETS YOU WELL IS USING WHAT YOU PICK UP AND THE NEW SKILLS YOU LEARN IN YOUR DAILY LIFE. BETWEEN YOUR SESSIONS ON THE PLATFORM AND OUR SUPPORT - IT WILL BE YOUR ABILITY TO KEEP PEDALLING AND PRACTICING. BUT AS YOUR COACH, WE WILL BE BY YOUR SIDE TO HELP!



WHAT IS COACHING IN MIND?

CARLISLE EDEN MIND'S COACHING IN MIND IS AN INDIVIDUALISED, GUIDED, ONLINE, WELLBEING SUPPORT SERVICE FOR YOU. YOU WILL RECEIVE:

- **6-8 WEEKS OF SECURE ACCESS TO SILVERCLOUD ONLINE CBT STRUCTURED SUPPORT**
- **6-8 WEEKS OF INDIVIDUAL PERSONAL COACH SUPPORT FROM OUR COACHES, LYNSEY, BECKY OR TESS.**
- **12MTHS ONGOING ACCESS TO SILVERCLOUD AND YOUR INDIVIDUALLY CREATED TOOL KIT**

ONCE YOU JOIN US YOU WILL BE ABLE TO WORK YOUR WAY THROUGH THE ONLINE PROGRAM OVER 6-8 WEEKS.

HELPING YOU TO UNDERSTAND YOUR THOUGHTS FEELINGS AND BEHAVIOURS A LITTLE MORE, AIMING TO HELP YOU TO FEEL BETTER EMOTIONALLY.

BY LEARNING A LITTLE MORE ABOUT WHAT IS GOING ON IN OUR MIND WE CAN LEARN TO MAKE CHANGES THAT CAN HELP US TO TAKE MORE CONTROL OVER HOW OUR EMOTIONS ARE MAKING US FEEL AND BEHAVE.

YOUR COACH WILL BE THERE EACH WEEK TO GUIDE YOU THROUGH THE ONLINE PROGRAM CONTENT. YOU WILL RECEIVE WEEKLY ONLINE COACHING AND ENCOURAGEMENT FROM YOUR COACH.

