

A Mum of three, two children with additional needs, unemployed for over 12 years and suffering from depression and anxiety along with physical difficulties. Unsure of her future, but wanting to make changes but not knowing where or how to start, she signed up to the project just before lockdown in March 2020

Our Work Together

With a focus on improving confidence, increasing a positive outlook on life and happiness as well as gaining more energy and motivation for a brighter future. Taking small steps each session and gently working towards gaining a life balance and looking for flexible career options to work around her health, her parental and caring responsibilities.

Our work together changed from face to face meet ups to a combination of zoom and telephone appointments every week and throughout lockdown and juggling home schooling. We covered many areas including:

- How to set up on zoom
- A Personality profile – identifying strengths and ideal career opportunities
- SWOT analysis of strengths, weaknesses, threats and opportunities for career choices
- Identified Career choice and direction (from SWOT activity)
- The power of journaling and being able to identify patterns in behaviour and energy
- The Wheel of Life – naming individual areas in life, scoring and setting goals to make improvements
- Core values – an exercise to understand our motivations in life and what are the unique values that we truly relate to and in turn creates purpose and meaning in life
- Created a variety of CV's to suit different job roles and applications
- How to deal with anxiety and increase confidence
- Money management and debt discussions leading to an application to Carers Allowance which was awarded and backdated
- Completion of online zoom training sessions in child psychology and Intro to being a TA
- Time management for help with organisational skills
- Presentation skills 1:1 training to help with her delivery of zoom meetings
- Understanding the power of goal setting and weekly goal setting activities

The Good News

She has found a new love for learning and has completed several WEA courses as well as taking her first steps to starting a Level 2 within the Children and Education sector with a view to work in schools. Now an active volunteer with a charity and having increased confidence, resulting in giving presentations on zoom. Infectiously enthusiastic, positive and excited for her future

The Change

Not only has life coaching helped find her purpose, regained much needed energy and a complete change in confidence in all areas of life she is also helping others and giving her time to a very rewarding cause. All of this has been achieved during lockdown.

'I can't believe how much I have improved over the months since starting the project and experiencing life coaching and also a massive THANKYOU. Life Coaching has been brilliant at prompting me to the point without telling me the answer, I think this is amazing. I could not have moved on from where I was without it! I love the quizzes and exercises you give me as well. It really does show me things about myself and my feelings, where I am in my head. The goals for the week ahead have helped me massively.'