

HEALTH AND WELLBEING COACHING

BARNSELY



LET'S **CONNECT**

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ABOUT

HEALTH AND WELLBEING COACHING

Health and wellbeing coaching helps you to achieve your bigger goal by breaking it down into a series of smaller steps, leading you to become the healthiest, happiest version of yourself.

HOW CAN WE HELP YOU?



Instead of treating symptoms, health coaches focus on disease prevention, total body health, and getting to the root cause of illness. Health Coaches help improve your health and happiness, change your habits, and empower yourself to be an advocate for your own well-being.



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“If you give a man a fish, you feed him for a day. If you teach a man to fish, you feed him for a lifetime.”

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WHAT DO THE SESSIONS INVOLVE?

During the first session (initial consultation) we will find out about you, your lifestyle, values, goals and anything that might get in the way of achieving those goals. You will then set some short term goals that will enable you to start to work towards what it is you want to achieve.

HOW MANY SESSIONS DO YOU GET?

In total you will get 6 sessions over a 12 week period. After your initial consultation you will have a further 4 sessions in which you will review your progress towards your goals, set new goals and discuss any setbacks you might have faced. With your coach, you can then plan how to work around those setbacks should they arise again in the future. Your sixth session is a review session and at this point you will decide together if you feel you are in a good place to ‘go it alone’, knowing of course you can always return to the coach or have further sessions, if required.

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