**Presenting conditions**: anxiety, depression, self-care, parenting/relationship stress, bereavement, work stress, serious physical health issues, low self-confidence, trauma, isolation, feelings of overwhelm, complex mental health issues

**Would they recommend to others?** 100% of the 27 questioned said they would. The following comments stand out:

“I would recommend coaching with all my heart”

“I have spent tens of thousands on therapy and you have impacted in a profoundly positive way and no thanks will ever be enough” (This from a client who, during coaching, received a diagnosis of CPTSD from an NHS psychiatrist – and has no therapeutic contact beyond coaching.)

“It honestly was life-changing for me. I transformed my relationship with my mum, reduced worries and anxieties around my dad, hugely improved my confidence in myself and my attitude towards my job…I feel so positive about the year (and years) to come and I don’t think I would be here had I not had these coaching sessions. When I quit my job I felt really stuck in life and was borderline depressed so this has been a really huge shift for me.”

“I don’t think anything could have been improved. The sessions were great”

“Coaching gave me the confidence to apply for and get a new job which has massively altered my life”

“Helped me to rationalise and remain calm and prioritise in a methodical fashion”

“It couldn’t have been better. The one to one support was fantastic”

**“**The support and encouragement was outstanding”

“I’ve never really got on with other therapies in the past so was not sure what to expect. Speaking to you made me realise my value. You have given me the strength and tools to continue to move forward in life”

“When I started the process I was suffering deeply and felt alone having to confront long-term deep rooted relationship issues. From the outset you listened and without judgement guided me gently through the process of making changes in my life. I slowly began to see the big picture more clearly and untangle issues that were impacting me. You… have really helped me to take positive steps forward with my life. I am now feeling more hopeful and more confident, I cannot thank you enough for the support you have provided. I feel emotional writing this but I know this reflects the new spirit and hope that you have opened up in my life. Thank you, and I mean this from the bottom of my heart. I hope you can continue to positively influence the lives of others who, like me, are struggling and need support and guidance to find the joy in life again.”

“I am feeling really good with life… You have brought some real focus into my life”

“The mental illness I suffer from (PTSD) is debilitating and draining. Coaching helped me to manage tasks, and face up to things I needed to do. My mental health was improved by using this service… XXX helped me to face challenges in a positive and productive way rather than the negative way I had been doing things. I would suggest that this service is rolled out to run alongside all wellbeing services.”

“Everyone needs an XXX in their lives”

“I’m a different person now”

“I know I can do this now”

“The first session I did with you changed my life”

“I am thankful for having the opportunity to reflect on what had been in different ways some very challenging things I had had to cope with. Thank you XXX and the Centre and the NHS for providing the service.”

“I know my issues are relatively mild in comparison to others, but it’s where I might have ended up if I wasn’t fortunate enough to be able to access this help that I think about; catching it before the downward spiral is allowed to take a grip… The tools XXX helped me put into place are definitely easing those anxieties, improving my self-confidence, etc. I will be forever grateful and really hope that others in my situation are lucky enough to be able to access this amazing programme. Thanks so much!”

The attached summaries from each of our coaches speak volumes about the effect that the coaching has had on clients. Even when a client presents with complex mental health issues, it appears that coaching can offer benefits.

I congratulate the Clinical Director of the HWPCN for having the vision and wisdom to commission and support this wonderful Service.

Roberta Meldrum

Head of Health & Wellbeing Coaching Service

The Sadie Centre

4 May 2022

