

Coaching for Wellbeing

Two bite-sized learning sessions to explore how internal coaches can support colleagues who need wellbeing support.

Context

There is strong evidence that demand for wellbeing support is on the rise as many people are struggling with Covid-19's impact on their working and family lives.

But Wellbeing Coaching is not necessarily a straightforward proposition. New coaches, who are not wellbeing specialists, may find it challenging to offer a type of coaching which by implication is likely to be therapeutic, blurring the boundary between coaching and counselling. In addition, many employers have a range of initiatives in place, designed to offer wellbeing support to staff – so where does a wellbeing coaching offer fit in?

These sessions will provide an opportunity to explore these ambiguous areas, offer some helpful tools and techniques, and guide coaches who support internal colleagues to carry out safe peer coaching practice with an accent on wellbeing.

The bite-sized sessions...

...are intended to equip you to undertake supportive, holistic and effective wellbeing coaching.

They will last up to 2 hours and be scheduled around four weeks apart, allowing time for practice in between the sessions.

Before Session One you will receive an introductory guide to Wellbeing Coaching.

Session One – Introducing Wellbeing Coaching

- Subjective and individual wellbeing
- The role of and difference between Health Coaches and Wellbeing Coaches
- Key principles for Wellbeing Coaches
- Helpful tools
- A simple conversational model

In the time between Sessions One and Two the expectation is that you will carry out at least one Wellbeing Coaching practice session with a peer

Session Two – Establishing a Wellbeing Coaching Offer

- Key themes from the group's early experience with Wellbeing Coaching
- Additional tools for diagnostic assessment and group work
- Where are the boundaries for a Wellbeing Coach?
- Aligning coaching support with other Wellbeing initiatives.