



Empowerment through healing

“A coaching program for woman to gain: Confidence and Purpose After Illness”

Step 1: Initial Assessment and Goal Setting

- **Personal Assessment:** I will conduct a one-on-one session to understand individual experiences, challenges, and aspirations.
- **Goal Identification:** By helping my clients participants articulate specific goals related to confidence and purpose. Using guided questions to explore what they want to achieve.

Step 2: Building a Supportive Community

- **Group Sessions:** Organise group meetings to foster connection among participants. Encourage sharing of experiences and mutual support.
- **Online Forum:** Create a safe online space for participants to connect, share resources, and offer encouragement outside of scheduled meetings.

Step 3: Education and Awareness

- **Workshops:** Host workshops on topics like self-compassion, resilience, and the psychological effects of illness.
- **Guest Speakers:** from time to time, we will have wellness professionals or motivational speakers to share their insights, experience and tools of support and guidance

Step 4: Developing Self-Confidence

- **Skill-Building Activities:** Incorporate activities that promote self-expression and confidence
- **Mindset changes:** Teach participants to create and use mindset changes to challenge negative self-talk and build self-esteem.

Step 5: Exploring Purpose

- **Values Discovery:** Facilitate exercises that help participants identify their core values and passions.
- **Vision Board Creation:** Encourage participants to create vision boards that visually represent their goals and aspirations. Explain and demonstrate how to use visions boards for continued growth and success

Step 6: Setting Action Plans

- **SMART Goals:** Guide participants in creating SMART goals to work towards their newfound purpose.
- **Action Steps:** Help break down each goal into manageable steps with timelines to keep motivation high.

Step 7: Overcoming Obstacles

- **Identifying Barriers:** Work with participants to identify potential obstacles they might face in achieving their goals.
- **Problem-Solving Techniques:** Teach strategies for overcoming these obstacles, including mindfulness practices and stress management techniques.

Step 8: Accountability and Progress Tracking

- **Regular Check-Ins:** Schedule regular individual or group check-ins to assess progress and provide encouragement.
- **Celebrate Milestones:** Create a system to acknowledge and celebrate achievements, no matter how small.

Step 9: Encouraging Lifelong Growth

- **Continuous Learning:** Sharing with clients tools and techniques, anchors, to pursue ongoing education or skill development related to their interests.
- **Resource Sharing:** Provide a list of books, podcasts, and workshops that promote personal development and well-being.

Step 10: Program Reflection and Feedback

- **Feedback Sessions:** At the end of the program, we will 1 : 1 and small group sessions to gather individual personal feedback and reflect on individual journeys.
- **Next Steps:** Assist participants in outlining next steps for continued growth and connection beyond the program.

Conclusion

This coaching program will be flexible and adaptable to meet the unique needs of each participant. The focus will be on creating a nurturing environment that empowers women to reclaim their confidence and discover their purpose post-illness. Regular evaluation and adaptation of the program based on participant feedback will ensure its effectiveness and relevance. Everything disclosed during this coaching program will be confidential in guidelines with GDPR