

BWell Coaching

Free wellbeing support for young people in Camden and Islington, supporting young people in tackling the issues that matter to them, and enabling them to grow.



Kindly funded by:

**COMMUNITY
FUND**

**Brandon
Centre**
Here for Young People

What does BWell offer?

Up to 4 coaching sessions lasting 45 minutes. Available Monday to Friday to help young people deal with challenges that are impacting their day-to-day life. These might be low confidence and self-esteem, irregular sleep, relationship challenges, exam stress, or social anxiety.

Working with us can help you become:

- **Calmer**
- **More confident**
- **More focused**
- **Well organised**

Who is it for?

Young people between the ages of 12 and 25 living in Camden or Islington. We support a wide range of young people from different backgrounds- some examples include:

- **Young carers**
- **Care leavers**
- **Those in part-time/full time education**

Over-16s can contact us directly about coaching sessions. For 12 to 15-year-olds, we run sessions within schools in collaboration with the school's wellbeing service. Contact us via bwell@brandoncentre.org.uk to find out what's available.



How does the coaching work?

The sessions are non-judgmental and supportive. We explore and challenge habits and beliefs that can inhibit positive change. Focusing on solutions rather than problems, we set one or two specific goals and encourage young people to work on them outside of their sessions. We evaluate progress at the end of each session. Our coaching aims to enhance your existing skills and support you in developing new ones.

Group Coaching/Workshops

We are also able to deliver bespoke group coaching workshops to meet your requirements. Some examples of workshops that we have delivered or are planning to deliver are:

- **Exam stress**
- **Transition coaching**
- **Thriving young men**
- **Workshops tackling confidence and self-esteem**

However, this is not an exhaustive list and if you would like something specific, then please get in touch. We would love to hear from you.

To access
the coaching contact us via
bwell@brandoncentre.org.uk

We'll ask you to complete a self-referral form. After that, we'll be in touch for a quick chat via telephone to make sure we match you with the best coach for you. Then your sessions begin.

FAQs:

1. Do coaches give advice?

Coaches don't generally give advice. Instead, their role is more to help you explore your options. However, there may be certain specific topics (e.g. sleep hygiene) on which they can offer some advice based on what we know can be helpful.

2. Is it online or face-to-face?

This is dependent on your needs and preferences. Coaching can be delivered in-person, via telephone, via video call or by using a combination of these options.

3. How will I know if I have moved forward?

Your coach will support you in having a clear goal and assist you in noticing what you are doing differently.

4. What's the difference between coaching and counselling/psychotherapy?

While coaching and counselling/psychotherapy have things in common, they are also different. Coaching usually has a focus on current difficulties that may be causing discomfort or areas of wellbeing that a person wants to improve. Coaching interventions are often briefer (up to 4 sessions) and focused on achieving specific goals. Coaching is also often more solution focused. In counselling/psychotherapy the therapist is interested in the person's life story, how their difficulties developed, and what is maintaining them. Therapy can be future focused, but more time can also be spent thinking about the person's past and how this affects their life now. This usually takes more time (up to 16 sessions).