

# CONSIDERING COUNSELLING OR COACHING?

...things to think about...



## 1 WHY ENGAGE A COACH OR COUNSELLOR?

Coaches support you if you want change, feel stuck or unfulfilled. They work with you to change your behaviour, mindset or patterns & set and achieve your goals.

Counsellors support you to unravel your life issues (past, present & future) & psychological pain/trauma



## 2 AM I READY?

Am I ready to use the support of a coach or counsellor to make change & explore my feelings or behaviours?

Do I feel able to risk opening up about things that are personal or hard to talk about?

Are you willing to commit to the work with the support of a coach or counsellor?



## 3 WHERE TO FIND ?

Via your GP (NHS)

Ask at work - about Employee Assistance Programmes

Counselling Charities/Voluntary orgs

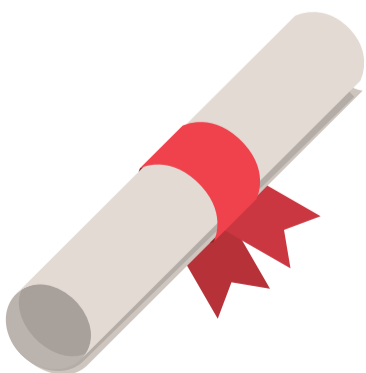
Education-schools, colleges & university support

Private counsellors & coaches thru directories



## 4 SOME IDEAS OF THINGS YOU MAY WANT TO ASK WHEN MAKING AN APPOINTMENT

- Are sessions face-to-face, online or by telephone
- Ask about the counsellor or coach's background & qualifications
- What type of therapy or coaching model do they practice
- What specialisms do they hold (addiction, bereavement, childhood abuse...)
- How long does the counselling/coaching last?
- confidentiality policy
- Any special requirements you need (access, gender, LGBTQi, 1st language or specialism)
- How much do they charge per session?
- Do they offer a free taster intro session?
- Reduced rates for those on low incomes?
- Is there a charge for cancelled or missed sessions?



## 5 REGISTER OF ACCREDITED COUNSELLORS & COACHES

To search and find an accredited counsellor or coach go to:

<https://www.bacp.co.uk/search/Therapists>

<https://coachfederation.org/find-a-coach>