



HAYLEY MEEHAN
WELLBEING AND MENTAL HEALTH COACH

WELCOME, AND THANK YOU FOR GETTING IN TOUCH.
I'M REALLY PLEASED YOU'RE HERE AND CONSIDERING SUPPORT FOR
YOUR CHILD.

About me

BY WAY OF INTRODUCTION, I AM A WELLBEING AND MENTAL HEALTH COACH WITH A BACKGROUND IN EDUCATION SPANNING 16 YEARS. DURING MY TEACHING CAREER, I HAVE WORKED ACROSS A RANGE OF YEAR GROUPS, MANAGED KEY STAGE 1, COORDINATED ENGLISH, AND LED BEHAVIOUR WITHIN SCHOOL SETTINGS. THIS EXPERIENCE HAS GIVEN ME A STRONG UNDERSTANDING OF CHILDREN'S EMOTIONAL, SOCIAL, AND DEVELOPMENTAL NEEDS.

MY JOURNEY INTO COACHING BECAME DEEPLY PERSONAL WHEN MY OWN DAUGHTER BEGAN TO STRUGGLE WITH HER MENTAL HEALTH. LIKE MANY FAMILIES, WE FACED LONG WAITING LISTS AND LIMITED SUPPORT. WANTING TO HELP HER IN A MEANINGFUL WAY, I DECIDED TO TAKE MATTERS INTO MY OWN HANDS AND TRAINED AS A WELLBEING AND MENTAL HEALTH COACH TWO YEARS AGO. I NEVER IMAGINED HOW SUCCESSFUL OR HOW REWARDING THIS PATH WOULD BECOME, BUT I AM INCREDIBLY GRATEFUL TO NOW BE SUPPORTING OTHER CHILDREN AND FAMILIES IN A SIMILAR POSITION.



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OUR WORK TOGETHER WILL BEGIN WITH AN INITIAL CONSULTATION, WHERE I WILL MEET YOUR CHILD AND START TO BUILD A CLEAR PICTURE OF THEIR NEEDS.

FOLLOWING THIS, YOU CAN CHOOSE TO SIGN UP FOR EITHER A 4 OR 8-WEEK BLOCK PACKAGE.

ONCE YOUR CHOSEN BLOCK IS CONFIRMED, I WILL PLAN SESSIONS TAILORED SPECIFICALLY TO YOUR CHILD. I WILL TALK YOU THROUGH EVERYTHING WE AIM TO COVER, AND EACH WEEK WE WILL REFLECT TOGETHER ON WHAT I'VE OBSERVED, WHAT PROGRESS IS BEING MADE, AND HOW WE MOVE FORWARD NEXT.

IF YOU HAVE ANY QUESTIONS AT ALL, PLEASE DON'T HESITATE TO GET IN TOUCH.

I LOOK FORWARD TO WORKING WITH YOU AND SUPPORTING YOUR CHILD ON THEIR WELLBEING JOURNEY.

Hayley

Helping Little Minds



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