



HAYLEY MEEHAN
WELLBEING AND MENTAL HEALTH COACH

How Life Coaching Works

I BEGIN WITH AN INITIAL CONSULTATION WHERE I MEET YOUR CHILD AND SPEND TIME GETTING TO KNOW THEM. THIS HELPS ME SEE THE WORLD THROUGH THEIR EYES AND, MOST IMPORTANTLY, BUILD A GENUINE CONNECTION SO THEY FEEL SAFE, COMFORTABLE, AND ABLE TO TRUST ME.

I THEN HAVE A CONVERSATION WITH YOU TO UNDERSTAND LIFE FROM YOUR PERSPECTIVE. THIS IS YOUR OPPORTUNITY TO TELL ME ALL ABOUT YOUR CHILD- THEIR STRENGTHS, CHALLENGES, AND ANYTHING ELSE YOU FEEL IS IMPORTANT. THE MORE I KNOW, THE BETTER I CAN SUPPORT THEM.

NEXT, WE AGREE ON A TIMESCALE OF EITHER 4 OR 8 WEEKS. ONCE THIS IS DECIDED, I CREATE A PERSONALISED COACHING PLAN WITH SESSIONS TAILORED SPECIFICALLY TO YOUR CHILD AND THEIR NEEDS. TOWARDS THE END OF THE 4 OR 8 WEEKS, WE REVIEW PROGRESS TOGETHER. AT THIS POINT, WE'LL DECIDE WHETHER YOUR CHILD IS READY TO "GRADUATE" OR IF THEY WOULD BENEFIT FROM FURTHER SUPPORT, WHICH ALLOWS FOR EVEN DEEPER THINKING AND GROWTH.

IF YOUR CHILD HAS GAINED ENOUGH TOOLS AND CONFIDENCE TO MOVE FORWARD INDEPENDENTLY, THEY CAN TAKE THOSE SKILLS OUT INTO THE WORLD. YOU CAN ALSO CHOOSE TO BOOK MONTHLY CHECK-INS SO I CAN ENSURE EVERYTHING CONTINUES TO GO WELL FOR BOTH YOU AND YOUR CHILD.

EVERY SESSION IS DESIGNED AROUND YOUR CHILD. SESSIONS ARE FUN, ENGAGING, AND INCLUDE PHYSICAL ACTIVITY. I DON'T BELIEVE CHILDREN SHOULD BE SITTING STILL FOR LONG PERIODS, SO I ENCOURAGE MOVEMENT, BRAIN BREAKS, AND TIME TO FIND CALM AND BALANCE.

PLEASE FEEL FREE TO ASK IF YOU'D LIKE ANY FURTHER DETAILS.

Hayley Helping Little Minds



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HELPING LITTLE MINDS



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