

Working with Amy

A brief guide to coaching

About me...

As a coach I bring with me over a decade's experience working in the world wellness and mental health. Over the years I have coached, mentored and advocated for people of all ages in statutory services, voluntary organisations and educational institutions. I am a member of the Association for Coaching (AC) and a senior member of Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists (SMACCPH).

So, what is life coaching?

Life coaching can look a lot like counselling or therapy from the outside. It generally involves working with a coach 1:1 or in a small group, meeting regularly to talk and spending time exploring where you're at in life. The difference with coaching is that instead of focusing on past experiences, we primarily seek to understand where you are right now, where you'd like to go and crucially how you can get there. Life coaching offers a safe space where you can reconnect with yourself, an opportunity for you to explore, play with ideas and identities, examine your needs and wants and lean into the possibilities of life...free from judgement and consequence.

Working with a life coach offers you dedicated time, space and support to help you move forward in life, whatever that means for you...

The way I work...

I facilitate a trauma informed, multimodality approach which incorporates conversation, journaling, energetic and body based practices to support gentle self enquiry. Underpinning all my work and tools sits a holistic and person centred foundation which seeks to see you as a whole, truly capable and empowered individual within the broader context of your life and experiences. I also utilise a psychodynamic lens which recognises the role that unconscious processes and programming can play in our relationship to the world.

Some of the things I can support you with?

- Reconnecting to you and who you are now,
- Gaining clarity around what you need and want in life,
- Identifying how you might meet those needs practically day to day,
- Releasing negative self talk and cultivating a more compassionate, supportive inner dialogue,
- Building self trust and confidence,
- Redefining self-care so that it feels accessible and genuinely nourishing,
- Creating a toolbox of resources that you can rely on to truly support you through the ups and downs of daily life.

Important disclaimer...

My work is non-therapeutic in nature, meaning that while it acknowledges the role that things like trauma, mental/physical health challenges, relationship break downs and bereavement etc play in the way that we relate to the world, it is not appropriate for me to directly unpack these issues with you. If you're experiencing such difficulties a therapeutic setting may be better placed to meet your immediate needs. However, if you're unsure of which support may be best, please don't hesitate to reach out. If I'm not the right person to facilitate at this time, I will work to ensure that you are connected with the support and care you need.

A photograph of a woman with blonde hair, wearing a white patterned sweater and blue jeans, sitting on a brown sofa. She is smiling and looking towards the camera while holding an open book. The background shows a cozy living room with a lamp and a plant.

Amy Carruthers
INTUITIVE COACH | MENTOR
welcomehome@letsgetbacktoyou.co.uk
www.letsgetbacktoyou.co.uk
@letsgetbacktoyou

Proud to be a member of
Association for Coaching

ACCPH
Senior Member