

Working with Amy

A referral guide for professionals

www.letsgetbacktoyou.co.uk

About me.

As a coach I bring over a decade of experience working in 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 (MAC), an independently verified member of The Life Coach Directory, and I hold an enhanced DBS certificate.



How is life coaching different to therapy?

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

Working with a life coach offers dedicated time, space and support to help your client move forward in life, whatever that means for them. Coaching is action focused, and change centric. Therapy seeks to understand the past and it's impact on the present, without the focus on forward motion.

What's my coaching approach?

I draw on several psychological and physiological models within the layers of my coaching practice. These include:

- Person centred coaching,
- Psychodynamic coaching,
- Polyvagal theory.

In practical terms, that means I see your client (and empower them to see themselves) as a whole, truly capable and empowered individual within the broader context of their life and experiences. Together, we'll recognise the role that unconscious processes and programming might be playing in their relationship to the world, and we'll work with the body and nervous system to understand their needs and potential challenges on a deeper level. It's a truly holistic approach which is trauma informed.

How to identify potential coaching clients? Things to look out for.

- My clients tend to be high achieving women in their 30s, 40s and 50s,
- They are often sensitive, deep feeling and thoughtful,
- They commonly experience a lot of self doubt despite outwardly 'having it all together',
- Their inner dialogue tends to be highly self critical, judgmental and even punitive,
- They may struggle with perfectionism, over-giving, and boundaries,
- They may find it difficult to identify their own needs and commonly struggle to accept/meet those needs,
- The majority of my clients are Mums deep in the juggle,

Clients tend to come to me when they've reached a tipping point. They might be feeling constantly exhausted, despite doing everything they 'should'. They might be feeling the need to make changes in their day to day, but don't know where to start. Something might have happened in their lives to prompt deep reflection. Reaching these women before burnout or self loss is powerful!

What can I support clients with?

- Reconnecting with themselves and who they are now,
- Gaining clarity around what they need and want in life,
- Identifying how they 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 they can rely on to truly support them through the ups and downs of daily life.

Additionally:

Self connection | confidence | clarity | direction | purpose and values alignment | wellbeing | 'stuckness' | life transitions | people pleasing | decision making support | self-care | holistic tools | coping skills | resilience | stress management | self compassion | negative self talk | identifying their needs | self trust | reducing anxiety | understanding difficult emotions | empowerment coaching | lasting change | perfectionism | body-mind connection | personal development | habit change coaching | work related stress | peer relationships | motivation, hobbies | mentoring | happiness | journalling and reflection coaching | work-life balance, energy | lifestyle among others...

When to refer to a therapist instead of a coach?

While life coaching is a powerful tool for healing, development and change, because of its action focused and non-clinical nature it is not always the right container for a client, or the right time for them to be working in this way. It can be used alongside therapy in appropriate situations, but if you're ever unsure of which practice would be best, please do not hesitate to contact me to discuss ahead of a referral. That being said, I would recommend referring to a therapist/clinician as a first port of call if your client is: (non-exhaustive list)

- Going through a bereavement,
- Has experienced complex or unprocessed trauma,
- Has received a health diagnosis,
- Is navigating a mental health challenge such as depression, anxiety or other clinical diagnosis.
- Is navigating a fertility journey,

Please reach out via: **welcomehome@letsgetbacktoyou.co.uk** if you have any questions, concerns, would like to discuss a client's case before referring, or would like support finding a therapist.