

# *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.

## **What to expect from this container**

This is a safe space, where you can be yourself, explore and experiment without judgement. However it is not therapy and I am not a clinician. If I feel that additional support is needed, I will always lovingly tell you and support you to access that help, it's a fundamental part of keeping you safe.

Being an intuitive coach means that I very much work with the flow of what you need. I'm listening to what you say, and perhaps what you don't, responding to your energy and to the gut feelings and nudges I receive while connecting with you, based on my years of experience. I will bring in exercises, journaling prompts, tools and resources to help you explore, but I keep my sessions free form, so that we can be with your experiences and honour them as they happen. This means that while there might be a loose theme or focus for each session, we're not wedded to them, we can move as we need to. The most important thing is to create space for and to honour your feelings, so they can move through you and guide you.

Everything we do here, everything I bring to you in our coaching sessions, is an invitation to explore. Ultimately, you are in charge and it's entirely up to you what you engage with, and to what extent, as we go forward. I encourage you to take what serves you and leave what doesn't, to remain open and curious.

You may feel triggered or challenged by some of the things we discuss or some of the feelings that come up as we're exploring. This is normal and natural. Discomfort is hugely informative and shows us where you might be needing some support, where there might be things to let go of or shift... it's how change happens, but it's important that we keep talking in those moments so that I can support you, and help you to feel safe. With that in mind, it's important to acknowledge that you and only you know where your edges are, where the safe zone is. I can't identify them for you because they are rooted in your lifetime of experiences, and in your emotional and bodily feelings. We want to safely stretch those edges where we can, but I am always trusting you to let me know if you're feeling that we're too close, or pushing too hard. It's a process and the key thing here is to be gentle.

As you continue to explore outside of our sessions, you can use the voice-noting app, VOXER, to share any thoughts or experiences with me that you'd like to revisit, reflect on, or unpack during our time together. This space is not for active coaching as such, but it is a container for you to share your independent experiences as they happen, so that they are expressed in the moment, and can be explored the next time we see each other...please do download the app and find me there before we get started.

You can download VOXER via your App Store and follow the link below to find me:

<https://web.voxer.com/u/letsgetbacktoyou>

Username: letsgetbacktoyou

## 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.



**Amy Carruthers**  
INTUITIVE COACH | MENTOR

welcomehome@letsgetbacktoyou.co.uk  
[www.letsgetbacktoyou.co.uk](http://www.letsgetbacktoyou.co.uk)  
@letsgetbacktoyou

Proud to be a member of  
 Association for Coaching

 ACCPH  
Senior Member