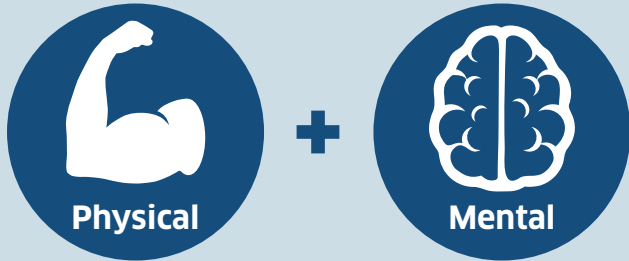


Promoting Good Mental Health Through Coaching

What is mental health?



Just like physical health we all have mental health.



Did you know

In the UK, **1 in 4 adults** will experience a mental health problem in any given year.



Good mental health, a state in which one feels able to



Realise their full potential



Cope with day-to-day stresses



Work productively



Contribute to their community

Physical activity works



Did you know

Physical activity is good for body and mind.



It **reduces the likelihood** of developing problems such as depression **by up to 30%**.

Barriers to Activity

Medication side effects



Changing appetite



Low energy levels



High anxiety



Fear of judgement



Negative body image

Promoting Good Mental Health Through Coaching

What a coach can do?

Coaching and customer skills

C



Be welcoming



Talk about mental health



Offer alternatives



Get feedback

Awareness

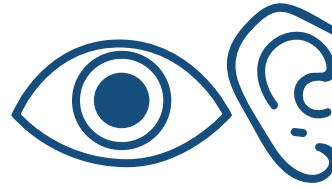
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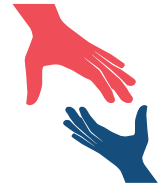
Ask people how they are feeling



Pay attention



Use your observation and listening skills



Ask how they would like to be supported

Respect

R



Avoid intrusive questions



Treat everyone fairly



Make yourself available to listen



Treat information in confidence

Empathy

E



Learn from reliable sources



Listen and seek understanding



Don't feel pressured to find answers



See the individual, not their diagnosis