



GLASGOW ANXIETY & DEPRESSION  
SUPPORT SERVICE

## **COACHING**

### **What is Coaching?**

Coaching aims to empower you to make, meet and exceed personal and professional goals including: accomplishing work targets; becoming happy and fulfilled at home, exploring self and the world; achieving ambitions; and much more.

Coaching proposes the idea that clients must be given the power to help themselves. Coaching:

- Provides you with tools and techniques to confidently face difficult situations, push past emotional barriers and eventually view life from a more and more hopeful, perspective.
- Sessions are typically for a specific duration (e.g. 8 weeks). It involves a partnership between you and your therapist/coach who will gently encourage you to explore how to make positive changes in life. They offer support and feedback to help you to stay focused on your goals.
- The main difference between Coaching and traditional therapy is that therapy and counselling often investigate what lies at the root of your problems and concerns. Coaching focuses on the future to encourage personal development and self-improvement.
- Coaching can help with: relationships; communication; confidence, self-esteem; assertiveness; work issues; personal life; performance; and other personal development concerns and goals.
- Coaching is private and confidential. Your therapist/coach will explain confidentiality, cancellations, working agreements and so on with you at the initial Assessment Appointment.