

ALL ABOUT RECOVERY COACHING

Helly Barnes - Professional Coach



Thank you for considering working with me. I am looking forward to getting to know you better and to building a coaching relationship with you that will result in you making progress in areas of your life that matter to you and help you achieve your goals.

This information sheet explains more about exactly what coaching is, as well as what it is not. If you have any questions that are not answered here then please do not hesitate to make contact with me and I will be very happy to answer anything else or discuss any other concerns you might have.

What Is Coaching?

Coaching is increasingly valued across the world. You won't find many truly successful people today who do not use a coach because they understand the value a coach brings to their accomplishments (in whatever they may be focusing on). I am working specifically as an eating disorder and disordered eating recovery coach.

As a coach, I am professionally trained in skills to help you reach your potential, overcome obstacles and ensure you live your best (recovered) life.

The coaching relationship is a partnership where we are on equal terms. It provides you with a space to be accountable for making decisions and to take actions which help you achieve your recovery goals that you might otherwise struggle to see through.

The Coaching Relationship

Within the coaching partnership, we aim to:

1. Create a vision of the future you really want, identifying goals that will help this become real for you.
2. Encourage you to explore what obstacles there might be that are stopping you from making progress in your recovery and establishing ways to overcome these.
3. Establish strategies and action steps suited to you that will ensure you achieve more than you have on your own (or with other support in the past).
4. Keep you accountable for your progress by providing support, structure and a judgement free space to help you accomplish more.

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What is Coaching Not?

Coaching is not medical support, dietician support, counselling or therapy.

Within coaching, we do not focus on the past or examine deep psychological issues or past trauma (as you might in counselling or therapy). If you do need this kind of support, this can be done alongside coaching, with a qualified therapist.

Within the coaching relationship, I will also not specifically tell you what to do but can use brain-based techniques and tools that will help you find the solutions you need and the way to proceed with them.

Coaching focuses on the present and future. I will help you by looking with you at your current situation, identifying possible thought patterns or mental blocks that you might be facing, alongside other obstacles and in working together we find solutions that suit your life and situation in the here and now.

It is also important for me to highlight here that, although I am a nurse by background, I am not working as a coach in a health professional capacity. Therefore, if you do need to see a health professional for assessment or treatment of your mental or physical health then you remain responsible for doing so through your General Practitioner or another medical service.

Eating Disorder Coaching is for Anyone!

Many people with eating disorders believe that they have to be below a certain weight, only eating a certain amount or less or engaging in particular behaviours in order to justify asking for coaching.

This is far from the case.

Coaching is beneficial to anyone who wants to improve their life and overcome an eating disorder, disordered eating or problems arising from diet culture. And people need coaching for this in bodies of all shapes and sizes and with a huge range of eating issues and behaviours. Every one is as valid and deserving as support as any one else. If your issues are impacting on your life in any way (and if you are reading this then I am guessing they are) then coaching is for you.

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How Will The Coaching Work?

As a coach, I use a structured format to ensure that together we get results.

When we start to work together, I will ask you to define and explore your vision for the future: what is it that the real you wants out of your recovery and your life?

During our conversations, I ask questions, encourage, challenge and I provide a space for you to explore what is happening in your life and recovery now, what might be holding you back, including identifying limiting beliefs that are blocking you.

As we establish goals, I will work with you to ensure your goals are aligned with your true values, are challenging but achievable and most importantly, that they will get you closer to your ultimate vision for your recovered future.

In establishing how you will meet your goals, we will consider all possible options open to you, resources that are required and establish a plan of action, agreeing what steps you will take and when.

Each session we will review the progress you are making, identify obstacles that might have arisen and modify your plan so that you remain empowered and committed.

How To Get The Most From Coaching

During our coaching relationship, there are times I might ask you to do some 'homework', if there is something that I feel will help you progress towards your goals.

Each time we meet, we will also be establishing a plan of action for you to work on outside our meetings and it is expected that you will commit to these, as my role is to hold you accountable. In this way, ensure that when we set tasks for you to complete, they are realistic and achievable around the other demands of your life.

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Within our coaching sessions, it is also vital that the focus of our conversation is around what you really want. Ensure your goals matter to you. I encourage you to dig deeply and ensure that you are being authentic to your true self and create a vision that is for you, not based on what you perceive others might 'expect'.

It is also important to note that recovery coaching works – that is why it is a growing profession today. As we work together, do not be surprised if you discover more about yourself and find that personally or professionally, it causes you to change and grow.

I would also encourage you to come to coaching with an open mind and a willingness to push yourself a little harder than you might have done recently. Building momentum towards your vision only happens through change – trying new approaches, challenging beliefs. I will be pushing you at times to extend yourself beyond your comfort zone (as it is my responsibility to do that) and if you are able to follow through in terms of actions, then the benefits from our coaching relationship will be all the greater. If I do push you too hard then it is also important that you say so or if you wish to be pushed harder then please also let me know!

Overall, the important thing is that you get benefit from our coaching sessions and you make progress towards your end vision.

How Long Will You Need Coaching?

The answer to this is different for everyone and will depend on the extent of the changes you wish to make or the accountability and structure you might benefit from in day to day life.

We can discuss what will be most appropriate for you in more detail, depending on your unique intended outcomes and future vision!