Promoting Good Mental Health Through Coaching

What a coach can do?

Coaching and customer skills
- Be welcoming
- Talk about mental health
- Offer alternatives
- Get feedback

Awareness
- Ask people how they are feeling
- Pay attention
- Use your observation and listening skills
- Ask how they would like to be supported

Respect
- Avoid intrusive questions
- Treat everyone fairly
- Make yourself available to listen
- Treat information in confidence

Empathy
- Learn from reliable sources
- Listen and seek understanding
- Don't feel pressured to find answers
- See the individual, not their diagnosis

Check out our animation

mind.org.uk
nhs.uk/oneyou
ukcoaching.org/mentalhealth