

# Welcome to Health & Wellbeing Coaching



Cranbrook Medical Practice LLP is a company registered in England and Wales OC430448.  
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Your Health & Wellbeing coach will help you make positive lifestyle changes that will help you become the healthiest, happiest version of you.

### **What can the coach help me with?**

Our coach, Laura, can help you make changes relating to diet, physical activity and/or exercise. She can also give some help with stress, low self-esteem and low-level anxiety or depression.

### **How do I access a Health & Wellbeing Coach?**

You can either be referred to the Health & Wellbeing Coach by one of the clinicians at Cranbrook Medical Practice, or you can make a self-referral via email to [d-ccg.cranbrookmedicalcentre@nhs.net](mailto:d-ccg.cranbrookmedicalcentre@nhs.net). Your email will be reviewed and if appropriate the coach will arrange an appointment.

### **What do sessions involve?**

During the first session (your initial consultation) your coach will find out more about you, your lifestyle, values, goals and anything that might get in the way of achieving those goals. You will then set some short-term goals that will enable you to start to work towards what it is you want to achieve.

### **How many sessions do I get?**

After your initial consultation, you will have a further four sessions in which you will review your progress towards your goals, set new goals and discuss any setbacks you might have faced, so together you can plan how to work around those setbacks should they arise again in the future. Your sixth session is a review session which allows you and the coach to reflect on your progress so far. At this point, you will decide together if you feel you'd benefit from more sessions, or if you feel you are in a good place to "go it alone" or if another service is now more beneficial for you, knowing of course you can always return to the coach in the future should you need to. If you require further sessions you will have another block of four, followed by another review session, until you and coach feel you no longer need the ongoing support of the coach.

*If you have any further questions about Health & Wellbeing Coaching please email [D-CCG.CranbrookMedicalCentre@nhs.net](mailto:D-CCG.CranbrookMedicalCentre@nhs.net), and someone will get back to you.*