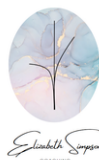


HOW TO GET THE MOST FROM YOUR COACHING SESSIONS

What to expect, how to prepare, and why
coaching supports wellbeing in real life.



WELLBEING SUPPORT

Why Coaching Offers the Right Kind of Support for Real-Life Wellbeing



THERAPY

Best when you're experiencing emotional distress, ongoing overwhelm, past trauma, or difficulties coping day-to-day. Choose therapy when deeper healing, clinical support, or working through the past is needed — especially when your emotions feel too heavy to manage alone.

MENTORING

Best when you want direction in a specific area from someone with lived experience who can show you what worked for them. Choose mentoring when you're looking for guidance, expert input, and a more "follow this route" approach to progress in a specialised field.

COACHING

Best when you want change but don't need therapy, when you're unsure where to start, or when you want personalised support that helps you move forward in ways that fit your real life. Choose coaching when you want clarity, structure, accountability, and gentle momentum — a space to explore what matters, design supportive actions, prevent overwhelm, and make meaningful progress without pressure.

DO IT ON YOUR OWN

Works best when you already feel clear, motivated, structured, and able to take consistent action on your own. Choose this if you're currently making progress independently — though it can become challenging when overwhelm, doubt, or unclear priorities get in the way.

DO NOTHING

Often happens when you feel uncertain, stuck, or too overwhelmed to decide your next step. While it can offer temporary relief from pressure, staying here too long may limit progress, deepen stress, or allow small issues to grow into bigger challenges.



WHAT COACHING HELPS YOU ACHIEVE

Coaching Helps When You...



- You feel stuck but can't pinpoint why
- You want change but don't know where to begin
- You feel overwhelmed by thoughts, emotions, roles, or expectations
- You know what you "should" be doing but can't make it happen
- You're carrying too much and need a space to process without judgement
- You want structured support that focuses on the present and future
- You want someone warm, objective, and trained to help you think clearly

Coaching gives you space to understand what's going on and make progress that fits your real life.

How Coaching Is Different from Therapy



- Therapy focuses on trauma and emotional distress
- Coaching focuses on clarity, decisions, and next steps
- Therapy explores the past; coaching supports the present and future
- Coaching complements therapy but doesn't replace it
- Therapy treats; coaching supports growth

Therapy looks back to heal; coaching helps you move forward.

How Coaching Is Different from Mentoring or Advice



- You won't be told what to do
- No generic plans or programmes
- You explore solutions that fit your life
- You build long-term skills, not dependency
- Support is objective, not based on someone's personal experience

Mentoring tells you what worked for someone else; coaching helps you discover what works for you.

Why Doing Nothing Becomes a Problem



- The same challenges repeat
- Stress quietly builds
- Small issues grow into bigger barriers
- You lose time and confidence waiting for the "right moment"
- Challenges can compound and you may reach crisis point

Inaction feels safe now, but it keeps you stuck in patterns that drain your wellbeing over time.

HOW TO GET THE MOST OUT OF COACHING



Before Your Session

Take a moment to consider your ideal experience during coaching and consider what you want this time to support.

- Reflect on your core concerns, challenges, or the shift you'd like to experience.
- Notice what feels challenging, or what you most want to feel differently.
- You don't need perfect clarity — just a starting point.
- Bring any thoughts, insights, or questions that feel important right now.



During Your Session

Give yourself permission to be fully present — this time is for you.

- Choose a quiet space where you can focus without interruption.
- Use a laptop or tablet if possible, so you can see and engage fully.
- Bring a notebook and pen to capture insights, reflections, or actions.
- Stay curious. Coaching works best when you explore.
- Bring a growth mindset; self-compassion and reduced self-judgement.



After Your Session

This is where your clarity turns into momentum.

- Use the session reflection resources to capture key insights.
- Note down what stood out most — not everything, just what matters.
- Choose one small, realistic action to begin with.
- Revisit your notes between session to reinforce your direction.

MOVE FROM INSIGHT TO ACTION

Ready for your next step?

Coaching creates clarity — and clarity creates action.

Moving forward:

- Book your next coaching session
- Join the Women's Wellbeing Lab for ongoing tools, reflections, and sessions
- Revisit this guide anytime you need to pause, reset, and realign

You don't have to navigate your wellbeing alone.

Don't wait for the perfect moment — support helps you move forward now.

You deserve support that fits your real life.

elizabethsimpsoncoaching.co.uk