



Free Choices

DIVERSE MENTAL WELL BEING COACHING

For

- **Leaders**
- **HR Professionals**
- **Managers**
- **Employees**
- **Individuals**

Our coaching is:

- **Accessible on-line**
- **Adaptable for your specific needs**
- **Flexible**
- **Simple & effective**
- **Engaging & supportive**



Diverse & Inclusive Mental Health



Introductory Prices

**1 Employee £120.00 (60mins)
5 session block £550.00**

**Employee Group up to 5
£325.00**

**5 session block £1,500.00
(90 Mins)**

Our specialist coaches work with individuals and groups to utilise strengths, which enhance your mental resilience and over all well-being. Our pro-active and practical approach incorporates your diverse background and experience, helping to pin-point your specific needs and goals. We support you to consider your whole self and experience, focusing on strategies, which improve and optimise your mental well-being, enabling people to create healthier, happier, more productive lives and inclusive work cultures.

YOUR BENEFITS

- ✓ **Develop awareness, strengths and skills, which fully recognise, incorporate and utilise your diverse background and unique experience.**
- ✓ **Build self-confidence and self-esteem for positive mental health and an inclusion mindset.**
- ✓ **Tap into different resources, in order to strengthen your mental resilience and meet your goals.**
- ✓ **Build effective coping strategies to deal with stress, anxiety and conflict, particularly including those, which stem from your diverse background and experience.**