



Free Choices

MENTAL WELL BEING COACHING

For

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

Our coaching is:

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



Diverse & Inclusive Mental Health



Introductory Prices

1 Employee £195.00 (60mins)

5 session block £450.00

**Employee Group up to 5
£325**

**5 session block £1,550.00
(90 Mins)**

Free Choices Coaches are both trained and extensively experienced mental health professionals and coaches.

Our coaches work with you to clarify your mental well-being needs and set your specific goals. You will work together through clear steps within a defined time frame. You will develop practical techniques, skills, abilities, awareness and clearly structured strategies. Effectively utilising these, to achieve the mental well-being aims of a specific individual, business or group.

YOUR BENEFITS

- ✓ **Developing | enhancing leadership and management in Mental Well Being at Work**
- ✓ **Understanding and supporting individual mental health & well-being needs**
- ✓ **Clarification of mental health VS well-being goals**
- ✓ **Dealing with personal or professional relationships for positive mental well-being**
- ✓ **Enhancing mental well-being through managing mood, stress, anxiety or conflict**
- ✓ **Healthy work-life enhancement**
- ✓ **Positive Behaviour changes: such as; managing anger, overcoming mental blocks, being more or less assertive and increasing self-confidence**