



EMPOWER SELF HARMONY

Life Coaching & Counselling Solutions

E.S.H Solutions Guide

An Empathetic, confidential, safe, trustworthy, ethical and non-judgemental space to nurture self-exploration and empowerment. E.S.H. adheres to the guiding principle of Counselling/Therapy of “**Do no harm**”. E.S.H offers an integrated solutions focused model blending Motivational Interviewing (M.I) C.B.T and the G.R.O.W model. C.B.T refers to Cognitive Behavioural Therapy (The Mindset) developing realistic, sustainable strategies to manage personal mental wellbeing. Thoughts, feelings and behaviours are connected. M.I (The Spirit) nurtures motivation negating any obstacles together. The **G.R.O.W Model: Goals, Reality, Options, Way Forward/Will**. G.R.O.W (The Structure) provides a clear actionable road map, which is highly Effective in facilitating growth and empowerment. Although a structured model it is also person-centred empowering individuals from obstacles into inner harmony. We **Guarantee** to identify the solution, but it is your input turns the vision into reality

Primary Interventions

E.S.H deliver an integrated model to provide sessions that guide and support Individuals from the presenting obstacle toward Solutions. The “program” consists of 6 Sessions, which ideally should be weekly and at the same time each week. E.S.H. recommends 6 sessions as the required optimum number. There will be further sessions available if required. E.S.H. interventions are evidence based and do not see individuals as solely a source of “revolving door” income or “stay stuck”

Session 1: Building Rapport/Discovery Session

Create a safe, non-judgemental, reassuring, collaborative space as the basis for our dialogue throughout the sessions. Getting to know you, your journey, exploring and utilising your personal assets. Please note: **Confidentiality** is paramount and is respected at all times and will not be pushing you to discuss anything you’re not comfortable with. Work collaboratively on the presenting obstacle you wish to resolve.



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Session 2: Goals

Session defines what you want to **achieve**, defines a clear, specific actionable target for the long-term goal. Utilizes time framed action that encompasses SMART criteria. Goals should be **Specific, Measurable, Achievable, Relevant, Time framed**. The Goal should be positive, challenging and inspirational. Basis for all Sessions.

Session 3: Reality

This session focuses on what's happening right now, rather than assumptions and is aimed at creating situational awareness. The session focuses on self-awareness, highlights personal strengths and any possible obstacles. It is an objective assessment that includes exploring possible external barriers and external factors. Provides a solid, honest foundation for the next session (**Options**)

Session: 4 Options

Allows for creative thinking and thinking outside of the box” **Brainstorming**” Recognises your strengths and resources, allowing you the opportunity to evaluate potential solutions and paths to achieve established goals. The aim of this session is to move from generic brainstorming to a specific actionable plan. It establishes the most feasible, effective and rewarding path forward.

Session 5: Will/Way forward.

Vital step to convert previous session into concrete action. Establishes and measures your commitment and how you can manage potential obstacles with support, encouragement and empowering strategies. Your commitment shifts intentions into action, this in turn brings you closer to **“dream scenario”**. Pivotal in moving from obstacle to solution and inner harmony.

Session 6: Progress Update/ Review. How you felt at the initial start of your journey and what it feels like to have reached your **Goal**. Reaffirm, even if you have felt short of reaching your ultimate goal, that you have still made excellent progress. This is a realistic assessment and this session can fine tune any areas that need adjusting to achieve a goal. Explore your actions, commitment and any possible factors that may affect the solution. Discuss future interventions if required. This is for the majority of individuals the final session. It is vital to reinforce that if difficulties arise in the future, you have the resources to overcome personal obstacles.

Secondary Interventions



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Mindfulness Opportunity Taster/Top up M.O.T

30 mins **Taster** sessions for those who are curious about exploring mindfulness. The sessions are an excellent practical way to dispel any myths about mindfulness. **Top up** or tuning sessions are designed for those with previous experience of Mindfulness but have neglected this practice and may want a new direction or different experience of mindfulness practice. The mindfulness sessions are designed to focus on the present so the format will be disclosed when the session commences. Excellent for mental wellbeing, inner calm, and provides a “spa” for the mind during busy, hectic lives. Sessions are energising, calming and extremely practical leading to greater focus, clarity and awareness “*Be Kind to the Mind*”

Inner Wellbeing M.O.T. (Measure Observe Take Stock)

Aims: 60 Minute Session: “*Check up from the neck up* “. Explore the current situation working together to Measure, Observe and Take stock (identify) general Inner Wellbeing. Objective assessment of current situation highlighting assets and areas that may impact on Inner Wellbeing. We explore together the following aspects of Inner Health.

- ✓ Anxiety
- ✓ Motivation/Purpose
- ✓ Stress
- ✓ Emotional Resilience
- ✓ Feeling Connected
- ✓ Relationships
- ✓ Mood