



Information on Coaching sessions with Illuminate

Illuminate Charity is a Cambridge based charity. We deliver our Confidence for Change courses through Cambridgeshire and have a limited amount of funding for one to one coaching sessions that are available to apply for.

Coaching is suitable for people ready to make change, however you may be unsure how to make those changes or feel stuck and unsure what changes you want to make. A willingness to take action is key and to be open to new ideas and ways of thinking. Coaching differs from counselling and other therapies that maybe more reflective in nature. Coaching is more forward focused.

Coaching is not counselling or therapy so this is only for you if:-

1. You're ready to set some changes in your life and complete some "homework" in between meetings.
2. You are not in crisis and are ready and open to new ideas, thinking and looking forward.
3. You are committed, you value the service and will agree to attend all meetings agreed where possible.

You will be 18 years or over, there is no upper age limit and you will be unemployed or in-between jobs and be ready and willing to invest in yourself.

Once you have applied, Illuminate will call you and have an initial conversation to ensure what we can offer is the right time for you. Based on our discussion we can consider offering 1 to 3 sessions, usually a week apart.

At this time sessions will be via Skype or Zoom and usually last up to an hour. To make the most of the sessions you will be asked to carry out actions between sessions to help with your development. You will need a quiet space where you can undertake your session(s) without distraction.

These sessions are offered free of charge, if you are not in work. However, if you wish to make a donation you can do so via our website.

If you would like to discuss further, please contact us at sam@illuminatecharity.org.uk.

Thank you for your interest.