

What is coaching?

You're leaving care and you've got lots of choices ahead of you. However, you may still need to speak to someone about what you want to do.

Coaching helps you to think about your goals and aspirations and then identify the steps you need to take to achieve them. It is a way of identifying your skills and knowledge.

Whether it's help with finding a job or getting into university, looking after your home or building support networks, someone with a wide range of life experience can guide you through life's challenges more effectively.

- Coaching enables you to explore your choices and realise your potential
- It also gives you the space to decide what you want for yourself

What happens in a coaching session?

A coach will work with you to help you achieve a specific goal. It usually lasts for a short period of time, but you will both agree how long you will work together.

A coaching session can:

- Create a safe place for you to talk about what you want from your life
- Give you a chance to speak about any challenges you face and how to overcome them
- Help you focus on identifying and improving your skills
- Provide you with feedback on your strengths and your weaknesses

Who will be my coach?

Managers from across the council have offered their time to coach a young adult as they leave Southwark's care when they are 18 years old.

Each coach has had training on coaching young adults. They have lots of life knowledge and experience, which we hope will be useful to you.

Your coach will be committed to working with you and will want to build a relationship that is based on mutual trust and respect.



Confidentiality

What you discuss with your coach will remain between the two of you. However, if your coach is worried about something you tell them, they may need to seek advice from someone in the aftercare service.

When you first meet your coach, you will both decide what information will stay between you and what kinds of things can be shared.

How do I get a coach?

If you are interested in having a coach, or just want more information, then please complete the form below and leave it with the receptionist at 1 Bradenham Close, SE17 2QA or the group worker.

Name: _____

Contact number: _____

What help do you think a coach can give you?

Translation or other formats
If you require help with translation or other formats such as audio or large print, please visit the addresses below.

Bermondsey one stop shop
17 Spa Road, SE16

Peckham one stop shop
Peckham Library, SE15

Walworth one stop shop
151 Walworth Road, SE17

Coaching for care leavers

Information for young adults

