



Welcome to Carer
coaching



Partnership
Presentation

What we did...

- We ran a successful pilot scheme which was externally evaluated by the University of Kent, with overwhelmingly positive findings.
- A working Party of Carers informed the content of the pilot programme and were constantly involved in improving things as the pilot evolved.
- These were held online and in person in the West Sussex region, both 1 to 1, delivered by Coaching for Unpaid Carers and group coaching, created and delivered by CSWS.
- Attended by 50 Carers.
- 1 Volunteer, who had a coaching background.
- This successful pilot scheme, resulted in CSWS winning the bid from the big lottery community fund, to enable us to deliver carer coaching from 2024-2027.

Common Themes...

- Tensions are caused by different demands on your time e.g. work and caring, parenting and caring, caring and caring.
- Decision making can be fraught.
- Easy to lose touch with who you are, what you want or need for a fulfilling, happy life.
- Change is often out of the blue, with no time to reflect or plan for now and the future.
- Becoming a Carer, you may need time to adjust and come to terms with the changes and understand what needs to be done to make it manageable.
- Life after caring – you may need time to recover and refocus.



Carers Support West Sussex
for family and friend carers

What is Carer Coaching ?

What skills do the Carer Coaches bring?

The coaching team brings a collective wealth of experience and qualifications, including a master's degree in mindfulness-based approaches and expertise in person-centered, trauma-informed methods, as well as health and wellbeing coaching and resilience building in the workplace and for carers.

Our Carer Coaches have over a decade of dedicated carer support focused experience, and the lived experience of being carers themselves.

Each member of the team has achieved a Certificate in Coaching from the Centre for Coaching as part of their Coaching Development Programme. Their ongoing professional and personal growth includes regular workshops on carer coaching provided by [Coaching for unpaid Carers](#), enhancing our Coaches ability to support carers through direct experience and up to date coaching models

If you have any further questions, please contact Carers Support West Sussex on 0300 028 8888 or email carercoaching@carerssupport.org.uk





What Does CSWS Coaching for Carers Look like ?

- 5 sessions, face to face **or** online- **in groups**.
- Or bespoke 1 to 1 sessions by phone, face to face or online. (Can be in addition to the groups, capacity dependant).
- The emphasis is on supporting carers to make *your* own decisions and take actions to make changes, for the better, in *your* lives.
- It's about helping carers to develop resilience, self-belief, take steps towards creating time and space to concentrate on *your* own wellbeing.
- Working towards feeling less stressed/anxious and be better able to continue with your caring role.



You don't know if you'll like it until you try!

What do the sessions look like ?

Coaching Session Plan titles and guidance

- The coaching pilot was modified to follow this pathway, it helped to structure the journey and keep the progress flowing through the 5 weeks.
- **Session 1** Discovery and Promise (goal)
- **Session 2** The Gap
- **Session 3** Mindset & Identity Shifts
- **Session 4** Habit & Behaviour
- **Session 5** Reflection & Your Continuing Journey



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How can Coaching help me as a Carer?

Coaching can help you to deal with the day-to-day reality of caring and overcome things that make it hard.

Here's what some of our carers from previous sessions said...

'Before this workshop, I would say that people were walking all over me, but now, after learning about setting boundaries, I feel more in control and understand that I should not take on other people's priorities and focus more on things for myself.'

"I've come out in a very different way to what I was expecting. I've come out feeling hopeful; I've come out feeling confident... alive, really"

"I came out of the coaching feeling much more confident...I felt supported"

"I am more aware of thoughts and my feelings in approaching things"



CARER COACHING
Group Dates & Information Sessions

Information	Sessions	On-Line	
13/11/24	2:30pm to 3:30pm	All areas	Online zoom
13/11/24	6:30pm to 7:30pm	All areas	Online zoom
16/11/24	10:30am to 11:30am	All areas	Online zoom
21/11/24	10:am to 11am	All areas	Online zoom
21/11/24	12pm to 1pm	All areas	Online zoom
21/11/24	2pm to 3pm	All areas	Online Zoom

Face to Face	Group	Coaching
Dates	Times	Area
02/10/24 to 30/10/24 Wednesday	9:30am to 11:30am	Chichester
20/11/24 to 8/12/24 Wednesday	10:30am to 12:30pm or 1;30pn to 3:30pm	Bognor
21/01/25 to 18/2/25 Tuesday	10:30am to 12:30pm or 1;30pn to 3:30pm	Horsham
27/2/25 to 27/3/25 Thursday	10:30am to 12:30pm or 1:30pm to 3:30pm	Littlehampton
Online	Group	Coaching
03/10/24 to 31/10/24 Thursday	1pm to 3pm	All
22/1/25 to 19/2/25 Wednesday	6:30pm to 8:30pm	All

Putting ourselves in your shoes...

- **Is there a cost?** *No, there is no cost as we are funded by the Big Lottery Community Fund. However, in return they will need feedback and testimonials from you.*
- **How long are the coaching sessions?** *Group Coaching whether online or face to face are 2 hours long. 1:1 coaching is an offer of up to 6, 1 hour sessions.*
- **What if my caring role means I cannot attend a session?** *We know that caring can be unpredictable, and things can happen at any time. All we ask is that you let us know so we won't worry about you.*
- **Will I be expected to do "Homework"?** *Part of the coaching involves some home practice, all very light and focusing on trying out some of the coaching models and changes you have promised to do for yourself. You can choose to share this with the group or keep it private. We most certainly do not assess or mark anything, this is all to help you reach and keep the promises you made to yourself.*
- **Do I have to commit to every session?** *Yes, where possible, as consistency helps to achieve positive outcomes, but we are aware of the challenges faced by carers and will make adjustments as necessary. If it turns out that you are unable to attend less, than attend, then we will reach an amicable decision.*

Thank you for your time...Any questions, & what's next?

- We are only able to offer carer coaching to registered carers.
- If the carer is not registered with CSWS please do point them at our registration webpage.
<https://www.carerssupport.org.uk/register-as-a-carer/>
Once they are registered, they can discuss carer coaching with a wellbeing worker and be internally referred. This will ensure that they receive all the relevant support in their caring role too.
- For registered carers please sign post registered carers to our coaching info page on our website:
<https://www.carerssupport.org.uk/carer-coaching/>
- Connecting with our Carer Coaches please email: carercoaching@carerssupport.org.uk

