



Funded by UK Government

The Caregiving Journey CIC

Funded Group Sessions

Group coaching might be really valuable for you right now.

You know how sometimes you feel stuck with certain challenges, even though you've talked about them with others?

You know how sometimes you might go to a support group, and while it feels good to talk, you leave wondering "But what do I actually DO about my situation?"

Well, that's where group coaching is different.

Group coaching gives you a different way to look at things.

While you're still connecting with people who understand what you're going through, there's something special about how the group works together to help each person find their own answers.

Picture having time and space just for you, where you can explore what's really important in your life.

The coach asks questions that get you thinking in new ways, and the other people in the group often see things you might not have noticed.

Sometimes hearing how others view your situation can spark ideas you hadn't thought of before.

The beauty is that you're not being told what to do - you're discovering your own solutions, with the support of others who understand your journey.

And while you're finding answers for yourself, you might be surprised how helping others in the group find their way forward can be really fulfilling too.

It's different from just talking about problems.

Together, the group helps each person move toward what they want in life, one small discovery at a time.

What would you gain from in experiencing this kind of support?



www.elizabethrozario.co.uk

Email: hello@elizabethrozario.co.uk

Tel: 07766 296416

