

ben

Support for life

Life coaching

A free, personalised service giving you the opportunity to work with a qualified professional to maximise your potential, reach your goals and become the best version of you.



What is life coaching?

Life coaching encourages you to identify areas that you'd like to change or improve by looking at where you are now and where you want to be.

Am I eligible?

Ben's life coaching service is **free** for anyone who works, or has worked, in the automotive industry.

Whether you'd like to improve your lifestyle or fitness, save for that dream home, progress your career or simply boost your self-confidence. Whatever your goals are for the future, Ben can help.

Personal development

Our personal Life Coaches will help you to identify strengths, development areas and your personal and professional goals.

They can help you figure out exactly what you want in life and how to achieve it. They'll be your cheerleader, your mentor, and will also give you the encouragement you need to keep on track to reach your desired goals.



What is a Life Coach?

A life coach is a qualified professional that will provide a safe and empowering environment for people to explore any challenges they are facing. They can help you figure out what you want in life and how to achieve, helping you live your best life. They will not tell you what to do, instead, the coach will help and guide you to take steps towards meeting and exceeding your personal and professional goals.

Your personal life coach will support you on a journey to rediscover your strengths and to become the best version of you. They will be a guide to uncovering possibilities and help you to identify areas of limitation or obstacles that could be hindering you.

Developing self awareness of this can be the first step to help change this and enable you to fulfill more of your potential.

What happens in a session?

During the session, your coach will ask you questions, exploring what you want to achieve in life, what areas you're unhappy with and where you'd like to see yourself in the future (what does great look like).

Your life coach will offer support and provide feedback to help you to stay motivated and focused on your goals. They will occasionally set you tasks and objectives to work on outside of sessions.

How long are the sessions?

Coaching sessions typically last between 30-60 minutes and are usually delivered weekly over the phone or via video call. You can have up to 10 sessions of life coaching, depending on your personal needs.

Is coaching for me?

If you have an idea of what you want to achieve but are not sure how or where to start, or you feel ready to take your life in a new direction - then life coaching could be for you.

What do I need to start?

All you need is the time, commitment and energy to participate in the coaching sessions. If you are motivated and willing to start making positive changes then life coaching could be the start of your exciting, personal journey!

How do I sign up?

Ben's life coaching is **free** for anyone who works, or has worked, in the automotive industry.

You can sign up today by calling our free and confidential helpline on **08081 311 333**, or by completing our easy online form - which can be found at:

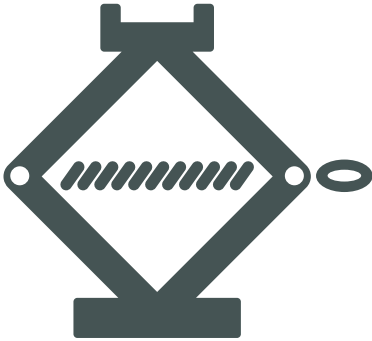
ben.org.uk/lifecoaching

If you are already being supported by a Ben Case Manager, you can ask them to make a referral for you.

Tips, advice & tools

Sign up to receive regular health & wellbeing tips, advice and tools straight to your inbox helping you live well, think well, feel well and work well.

ben.org.uk/sign-up



"I didn't know what a life coach was before this and I didn't know what to expect.

"The first session blew my mind, every week, I looked forward to the next call with my life coach. I had tasks to complete and I couldn't wait to have something else to achieve."

Always here for you

Visit www.ben.org.uk for self-help tools and online chat

Call our free and confidential helpline **08081 311 333**

Email supportservices@ben.org.uk

We're here Monday to Friday 8am-8pm

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 Ben Automotive Industry Charity

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