



Holistic Coaching

www.clairedeaconcoaching.co.uk



What is it?

Many coaching and counselling techniques are centered around psychological models, which are hugely beneficial for many. My personal interest has always been in learning techniques in psychology (mind), somatics (body) and energy (soul).

From the 100s of people and patients that I have helped, I have used one or all of these techniques. I see them as a toolkit that I can dip into, depending on my clients' needs.

Mind

I am a qualified Psychosynthesis Coach which means that I am able to work at a deep psychological level with my clients, similar to counselling. I draw on many psychological models such as constellations and internal family systems, but I am not a counsellor. We might touch on your earlier experiences in life, but our goal is to honour you and your journey and to move you forwards. My intention is to help you gain clarity in a safe space with a trained, qualified and insured practitioner of psychosynthesis.



Body

Some experiences in our life might have caused us to detach from our bodies a little. We might not be able to trust our gut feelings or when someone asks us "how do you feel?", we might answer with "well, I **think** . . .". It's difficult for some people to actually feel. I teach you techniques so that you can start to trust your instinct and the signals that your amazing body is giving you.



Soul

I believe that we all have a soul which is the true expression of ourselves. Some call it Self, Spirit, Higher Self, Source, Light, Universe, God . . .

Over time, we can lose our sense of soul (self) because of the expectations of others; disguises that we have to wear to be accepted; games we play to get noticed or the things we don't say, in order to keep us safe. My training and experience provides me with a toolkit to work with your true soul (self) making my holistic coaching truly integrated.

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