

Inspiration Coaching & Support

COMPANY PROFILE

Inspiration Coaching & Support Ltd, launched in August 2023 by Steph, builds on her 15 years as an NHS/private sector nurse and two years managing community mental health transformation projects across Cheshire East.

Steph's nursing career incorporated a holistic and coaching approach, mentoring future nurses & supporting patients/clients to make positive life improvements. Inspired by her own experience with coaching programmes that significantly improved her physical and mental health, Steph recognised the transformative potential of coaching becoming an IPHM Accredited Executive Practitioner.

Frustrated with the NHS approach to health and well-being, she founded the service to provide accessible, sustainable solutions. Inspiration Coaching & Support offers tailored, holistic coaching and wellbeing services for individuals and organisations, promoting positive action and accountability to help clients become the best version of themselves in turn supporting organisations to retain highly skilled, positive and engaged employees.

QUALIFICATIONS

- BSc Adult Nursing
- IPHM Accredited Life Coaching Diploma
- Level 3 Mental Health First Aid
- Zero Suicide Alliance Training
- Level 2 Counselling Skills
- NHS Coaching & Leadership training
- NHS Large Scale Improvement
- AQUA Improvement Practitioner Training
- Level 1 Reiki Attunement
- The Rite of the Womb Healing Modality



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S E R V I C E S A V A I L A B L E

1:1 COACHING

Personalised sessions to address the unique challenges and goals. Individualised holistic coaching tailored to the needs of the client to:

- Highlight goals & implement action plans
- Support accountability
- Provide a safe space to process
- Reframe thought processes that could lead to negative approaches
- Support mental health & resilience

WORKSHOPS

Interactive sessions highlighting the interconnectivity of physical & mental health in support of overall wellbeing covering

- Health & wellbeing
- Menopause
- Boundaries & Communication Skills
- Time Management & Prioritisation Tools
- Overcoming Limiting Beliefs & sustained development
- Building Resilience & Self Compassion

These workshops are available for both community groups & corporate settings.

WELLBEING CIRCLES

A space for calmness and serenity in which peer support, meditation and healing modalities take place supporting positive health & wellbeing to empower productivity & focus within the workplace.

CORPORATE WELLBEING DAYS (1/2 day & full day):

Wellbeing days to support staff to thrive & feel valued. These sessions are delivered in collaboration with other holistic practitioners incorporating aspects such as;

- Bitesize workshops
- Inspirational talks
- Massage
- Meditation
- Specific focused healing modalities or
- Activities such as sound healing, mask making....
- And a whole host of other offers.

Each service and recommendation will be bespoke, adapted & delivered to meet the requirements of the organisation/workforce.



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BENEFITS OF HEALTH & WELLBEING SUPPORT

The benefits of supporting individuals with their mental health & wellbeing are immeasurable.

- Attracting and retaining a high-quality workforce supporting success and growth.
- An engaged, valued workforce have a positive work/life balance improving productivity, collaboration & job satisfaction.

Gallup (2024) suggests that in 2022 three times more people left their jobs due to issues related to wellbeing, work-life balance and culture.

Further benefits of wellbeing support are:

- An increase of 25% of productivity associated with absenteeism
- A 21% higher level of profitability
- 86% of companies reporting that they recouped 86% of the investment of coaching (ICF 2009).

Employees with untreated mental health conditions, such as anxiety or depression, miss about six times more workdays annually.

Whilst many organisations seek to meet this key area through generic Employee Assistance Programmes (EAPs), however, with literature suggesting utilisation rates of between 4 and 7%, these services offer limited short term solutions which do not address deeper issues many employees are experiencing that could be impacting on their work based outcomes.

Individualised coaching support and tailored workshops such as those delivered by Inspiration Coaching enable participants to be fully engaged addressing their individual needs leading to positive and sustainable outcomes for both employees and organisations alike.

Inspiration Coaching & Support's comprehensive workplace mental health programmes seek to:

- Reduce absenteeism, which research suggests can be by up to 30%,
- Improve retention rates
- Improve employee engagement & productivity
- Improve health & wellbeing of employees



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PROCESS

Discovery Call

To understand specific needs & challenges of organisation

Individualised Proposal
Developed

Tailored proposal drawn up to meet specific goals & outcomes detailed in step 1

Agreement of delivery

Specifics of methods of delivery & timeframes

Delivery

Face to Face or hybrid sessions delivered as per specification

Outcome Review

Review of desired outcomes & steps for future action/ further engagement



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