

## Well Being Coaching

Private, Group Work, Train the Trainer and Workshop Leader.

I am a qualified therapeutic counsellor. A registered member of the BACP. My specialist subject is Emotional Health and Well Being.

Since qualifying back in the spring of 2013 I have been delivering creative Talks, Workshops and giving one to one counselling and coaching.

I have taken the 'gems of wisdom' I learnt in the classroom, studying for four years and whilst practising in this sector.

These gems are the basis of my work delivered in an easy to understand, fun and punchy manner.

I welcome the opportunity to speak with groups.

Light bulb moments are virtually guaranteed!

## Well Being Coaching

- **Group Speaking**
- **Private Coaching**
- **Workshop Leader**
- **Train the Trainer programme**

Appropriate for any personal development, team building and management away days.

Relevant for all ages such as young adults, students, employees, managers, entrepreneurs and board members.

For more information please call or email:  
Vivienne Barnes

### Woolston Well Being

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### Do you do Face Book?

I have a page entitled

### 'Vivienne The Happiness Coach'

Every week I post a tip on getting or being Happy. Check it out!

Find out more about BACP

**bacp**  
[www.bacp.co.uk](http://www.bacp.co.uk)



**Vivienne Barnes**  
Well Being Coach

*'Your peace and happiness  
are my goal'...*

People News Vicky Meets



# Coach strives to empower clients

**Vivienne Barnes**  
Well Being coach at Woolston Well Being  
www.wellbeing-emotionalhealth.com

If you met her at a party and didn't know what her occupation was then the warmth in her voice might offer a clue.

But this is a second career for the West Wittering-based Well Being Coach, who having enjoyed a fulfilling professional life in the business and charity sector decided to embark upon counselling training when prompted by a friend, who recognised Vivienne's natural empathy, listening skills and fundamental interest in human behaviour. After several years of training Vivienne is now fully qualified as a counsellor whose speciality is well-being and emotional health.

"I have taken the essence of my training and made it accessible to all," explained Vivienne.

"I would love to see my specific well-being and emotional health coaching



Vivienne Barnes

included as part of personal development, most especially for school leavers," she told me, adding that invites to give

talks in schools as part of a pilot she is working on would be most welcome.

A great believer that when

armed with the professional knowledge she learnt whilst training that people can be empowered to better

understand others and indeed their own behaviour, especially in relationships, Vivienne assured me that she can provide coaching in these life skills, along with her top tips for happiness.

"There are few individuals that have never had a relationship problem with a family member, a boss, a neighbour, a spouse or a friend and my work provides a tool kit for handling life's ongoing difficulties and indeed difficult people."

Promising 'light bulb' moments for clients from all walks of life and of all ages, she is adamant that it is never too soon to start and that you're never too old to learn.

"It's important to understand that we all do the best we can, not others idea of our best, but what is right for us, given our resources.

"I consider that I give people the opportunity to really understand themselves, in a non-judgemental way, and to know when it's appropriate to simply be kind to themselves," she said, going on to advise

that anyone contemplating seeing a counsellor should do so sooner rather than later, before anxiety levels rise to high.

With glowing testimonials from numerous grateful clients, Vivienne credits the fact that she has life experience as well as the relevant credentials as being instrumental in her professional success.

"I've been around the block a bit and that helps. Also, when I give talks people really appreciate not only how informative the talk is, but how very interesting the subject is. It has been described as fun and punchy and I am very OK about that," she laughed.

Offering group work, private sessions and a 'train the trainer' programme, as well as presentations in which she delivers wisdom in accessible bit-sized chunks that inspire rather than baffle, I suspect that with Vivienne as your coach you would be well prepared for the obstacles we all find on life's path.

'You will soon discover how relevant my work is to your life and be glad you invested some time in yourself'

Testimonials  
I have received many testimonials during the past few years. Here are just a few examples, but if you would like to see more, please ask and I shall share them with you.

So Helpful! Thank you so much, really helped me with learning to stand back and observe interaction between myself and others.  
Anon, Hove.

Brilliant talk - So very helpful - I realise at last how I am always the 'rescuer' in relationships and I can see why things go wrong for me... thank you so much  
Ms E.B. Fareham

Would have no hesitation in recommending you as a speaker not only for the content but also your professional and interesting delivery...  
Mrs G.H The Witterings

## Welcome to My world

In my opinion all adults would benefit from understanding themselves better. And indeed how their feelings, words and behaviour affects not only themselves, but also their relationships with others.

My Talks are designed to enable participants to question how they think, challenge their views on 'self' and their way of thinking, in an effort to become more robust and resilient with a 'tool kit' to better handle life's ongoing difficulties.

I base my work on six key modes of discipline within psychotherapy learning;

Maslow's 'Hierarchy of Need', Eric Berne's 'Games people play' and 'I'm OK - You are OK', Stephen Karpman's 'The Drama Triangle', TA Parent-Adult-Child' and CBT 'Thoughts don't make facts'.

I also include elements of other psychology learning such as 'rules for living, learned helplessness, transference, limiting beliefs and mindfulness' making this knowledge relevant to people's lives.

## In summary

My talk helps participants improve all personal relationships. Helping to understand oneself better and also most importantly, others. An excellent opportunity to hear gems of wisdom from a counsellor. Have questions answered. Gain personal insights into emotional events, be empowered to handle life's difficulties and difficult people. Previous participants of all ages and backgrounds have positively acknowledged this interesting, fun and punchy presentation packed full of tips covering elements of human behaviour.