

Having a purpose – coaching video guide

Coaching helps you define your ambitions, align your career plans for the best outcome, and get a better understanding of relationships that will nurture us. It is also a useful way to prioritise your mental wellbeing during this process. You don't need a professional coach to do this work!

In the accompanying video you will see two of our Charlie Waller Youth Ambassadors, Fariha and Andy, being led in a coaching session by Simon Fenton. Follow along with the questions below and then ask yourself the same questions at home.

1. Life overview: reflecting on how you've got to where you are today.

Start by thinking about who you are and what you've done so far in your life journey. Ask yourself the following questions:

- **What has your journey been until now?**
- **What motivates you?**
- **What are you most proud of and why?**

Remind yourself of your accomplishments and what you are proud of. Find the time to say 'I'm proud of myself' - try it out, you might just find that even saying it makes you feel a little less stressed. Try it again, and you might start to feel good. Celebrate what you are doing already and have accomplished. So much can happen when you focus on this and move on from this point, rather than dwelling on traits you may consider as a weakness.

- **How would your friends describe you?**

Thinking about how your friends would describe you can often reveal your better qualities. By focusing on your good qualities and what you're proud of, you can cultivate confidence and trust in your strengths as you move forward.

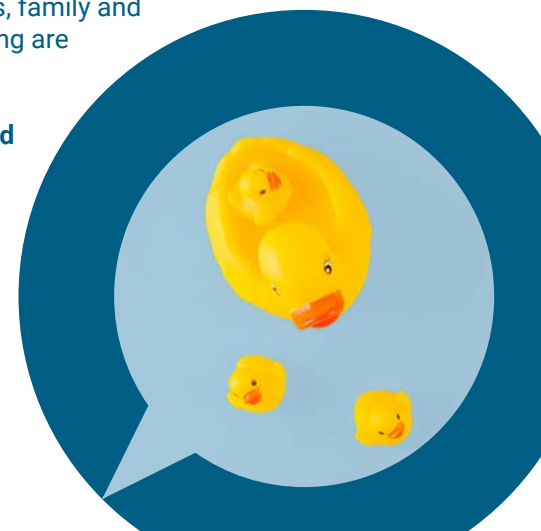
2. North Star: what do you want to achieve?

Take a few moments to visualise where you want to be in five years' time. Try to define this goal even further and in more detail. Don't be afraid to dream – dream big.

- **Describe what you see around yourself... how do you feel out of 10?**
- **What needs to change to make it closer to an 8 or a 9?**

It's not just about work, but about friends, family and community too. Goal setting and coaching are about all aspects of your life. Consider:

- **What people do you want to surround yourself with?**
- **Where do you want to live?**
- **How do your support network, family and friends fit in the picture?**



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3. What next: how are you going to get there?

This is usually the part that may seem frightening or make us anxious. But, since you have already thought about what you are good at and what you want to do, it doesn't need to be as overwhelming. These questions will help steer you in the right direction:

- **What are the strengths you already have but need to amplify?**
- **How easy is that to do and how can you make it easier for yourself?**
- **What helps you keep positive and motivated?**

Be specific. Think about the qualities that help you now, whether you're in between jobs, applying for your first role or still in education.

- **What tools do you already have that keep you mentally healthy?**

Fariha and Andy talk about journaling. This can be useful for thinking about your life. It can clear your head, keep you in the present, and steer you away from always thinking about 'progression' and 'improvement'. Remember, it's an individual journey and the most important thing is recognising your own strengths and tools and working with those.

4. How to tell your story and communicate it to others.

Now that you've thought about who you are and where you want to be, it's time to communicate this to others. As you progress in your life and career, you will need to tell people about your journey. This could be in job interviews, with friends, family or colleagues. Focus on the positives that you have identified and the aspects of your life that you are proud of. Think about those areas that give you energy and you are passionate about.

- **How has it felt to ask these questions to yourself?**

They may have unlocked something you didn't already know or helped you be more articulate about what you want to do. Try asking yourself these questions regularly. Work on refining them and making the answers more detailed.

Knowing your story is not just for the benefit of others, but for yourself too. It will help with confidence and give you a better sense of what you need and how to get there. Like having a sense of purpose, it will have a positive effect on your mental wellbeing.

Outside of Fariha's role as a Youth Ambassador for the Charlie Waller Trust, she is a student at the University of Manchester studying Public Health. She loves reading and going on walks, as well as volunteering at Chester Zoo.

Andy is a fourth-year medical student from Sheffield and has a keen interest in mental health. He works for the Charlie Waller Trust as a Youth Ambassador. Outside of work, he enjoys mountain running and orienteering, where he can use his brain as much as his body.

Simon's professional career over the last 25 years has been with one of the world's leading leadership advisory executive search firms. He has worked with many business leaders and currently focuses on providing advice in various areas, including coaching and development. He also works with young people on a not-for-profit basis to help support individual development and career planning.

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