**Unlock Your Potential – An Introduction to Personal Performance Coaching**

**Personal Performance coaching has been shown to help people transform their lives. Through coaching, people face their fears and make life-changing decisions; they accelerate their career, develop their confidence, increase their personal resilience and functioning, build businesses faster, have better work-life balance and essentially fulfil their life’s potential.**

Empowered Choice

Personal Performance and Well-being Coaching

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# Welcome:

Hello, my name is Dr Joselyn Sellen, I am a Personal Performance and Well-being Coach and British Psychological Society Chartered Psychologist. To give you some history, I have more than 16 years’ experience in motivation and self-change and have over 20 year’s experience within the higher education sector, mentoring, coaching and teaching students at all levels from A level to PhD. I have been running my own personal performance coaching business since 2016. As a coaching psychologist I help people unlock their potential, dream bigger than they dare, and empower them to make positive choices and take action to achieve more than they think possible.

I specialise in resilience coaching - helping people to connect with their personal strengths and maintaining flexibility of thoughts, feelings and behaviour when under stress, either after a significant life event, or sustained, seemingly unending stress. I also coach people who are making (or wanting to make) significant transitions in life, such as redundancy, divorce, becoming self-employed, new career, and so on. Coaching can help people who find themselves ‘stuck’, wanting to change something, but unsure what or how to make critical life changes. This feeling often impacts on personal empowerment and I help people improve their resilience, confidence and self esteem which in turn facilitates positive action and change.

As a Chartered Member of the British Psychological Society I adhere to the Code of Ethics and Conduct (http://bps.org.uk/news-and-policy/bps-code-ethics-and-conduct). I will not break confidentiality, except under very specific circumstances outlined within the Code of Ethics. Everything that is shared between a coach and client remains confidential.

What I hope to achieve in this Introductory Group Coaching session is to:

* Help you reflect on key aspects of your life and identify what main areas you would like to change or improve
* Support you through a coaching exercise to consider indepth your main priorities
* Empower you through developing your own step-by-step action plan which you can use **immediately** to make changes or improvements to your life

