



**Would you like to feel more motivated, confident and in control of your own wellbeing? ...**

**Are there things you want to be doing more of to live well?**



**‘Ways2Wellbeing’ offers one to one health coaching sessions, for you to take the first steps towards a better wellbeing...**

‘Ways2Wellbeing’ is a **social prescription** scheme: social prescription focuses on those areas of our wellbeing that could be best supported through non-medical, **community involvement/support**, including the **daily activities** we choose to take part in.

When asking ourselves, **‘What do we want to do more of to live well?’**, turning these thoughts into actions may present a challenge; we may experience many personal barriers, such as low motivation, confidence and self-belief.

A coach will aim to help you to:

- **Reflect** on what is important to you
- Set your own personal **Living Well Goals** based on what you feel will help improve your wellbeing
- Recognise the **skills and strengths you have within yourself** to overcome the barriers and **achieve** your goals
- **Feel content** with the life you lead
- Improve your **confidence** and **resilience** to face life’s challenges **independently** in the future

**What could Social Prescription mean to you?**

- Connecting with friends/family
- Volunteering
- Connecting with nature
- Exercise

- Relaxation
- Getting out and about

### **How can I work with a 'Ways2Wellbeing' coach?**

**Step 1: Contact your GP:** Contact your GP for a discussion about accessing the 'Ways2Wellbeing' scheme. If it is the right decision for you, your GP can then make a referral on your behalf.

**Step 2: A Health and Wellbeing Coach will contact you:** One of our coaches will aim to contact **you within 7 working days of receiving your referral**, to discuss what you hope to gain from the scheme and to book an appointment.

### **Step 3: Kick start your journey to a better wellbeing**

You can work with a coach for approximately 6-8 sessions; this will involve setting your own SMART goals and an ongoing review of your progress and achievements.

To make sure your goals are clear and reachable, each one should be:

Specific (simple, sensible, significant).

Measurable (meaningful, motivating).

Achievable (agreed, attainable).

Relevant (reasonable, realistic and results-based).

Time bound (time-based, timely, time-sensitive).

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