

ManCoaching

Proper Coaching For Men!

What's All This ManCoaching Stuff About?

Hey guys, it's great that you're reading this article as it shows that you're either interested, confused or just plain nosey about what this ManCoaching stuff is all about!

Many, no – most, people I come across during networking have the strangest look on their faces when I tell them that I'm a ManCoach. Typically the response I get is “what's one of those” or “I've never heard of that before”.

So let me tell you about what ManCoaching is and the benefits **YOU** get.

In working closely with your ManCoach – you will reach a stage where you feel *empowered, aware* and with a *clear direction of travel*. This is important – because **it's all about you!!** The techniques we use as coaches aren't so important as the results they achieve for you, so let me tell you right up – it's real important that you're as honest, open and willing to change as you've ever been before!

As a man myself, I'm aware that we're not really meant to show emotions, look for help or otherwise show weakness – right! **WRONG!!!** The statistics for male suicide in the UK is horrendous, the number of cases of UK domestic abuse is deplorable, the time we take off work due to stress is ridiculous and how we handle ourselves in relationships could massively improve.

I'm here to tell you guys that actually – it **IS** ok to ask for help, look for support, talk to a professional. I'll tell you why it's OK! Because we're qualified and trained to support you emotionally while helping you identify and work towards goals that aim to improve your life.

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So What Happens If I Want Coaching?

We work hard to place you at the very centre of any coaching contract so that you can confidently know when you **HAVE** achieved the goal you set out to achieve. I mean come on guys – you wouldn't keep giving money to a dentist every 2 weeks indefinitely – just because he says can 'make your teeth better'!! No no, we work differently – and I'll tell you the process right now.

The process of undertaking coaching with a ManCoach starts with a short 30 minute conversation, FREE OF CHARGE (everyone likes free stuff!) – this can be over the phone, skype or face to face.

There are many reasons why this is the first stage – usually, although not exclusively, this is the first time that a guy will have spoken about the issue(s) affecting him and needs to know that his ManCoach “get's it” and is there to get his back on this.

It's a non-committal discussion – this means that at the end of the discussion, either party can simply walk away without any hard feelings at all if it doesn't feel right.

For the ManCoach, it gives him the opportunity to listen to the issues and start to create a relationship with the client on the other end. Don't be alarmed if at the end of this 30 minute initial chat your ManCoach turns around and says that he can't work with you – we literally can't help everyone with every issue! But we **WILL** signpost you to other professionals who we believe can help you.

Once you start to work with your ManCoach, you'll quickly see that he actually **DOES** listen to you. The relationship you'll have with your ManCoach will probably feel like nothing you've ever felt before – he's there to challenge your thinking, comment on patterns that negatively impact on your life and help you work towards goals the **YOU** set.

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ManCoaching **IS NOT** therapy, counselling or any other black magic lying down on a couch form of support – it can be tough mentally (and there have been tears in sessions) but it is designed to give the man the space he needs to work out the problems that he's facing in a semi-structured model guided by you.

How Long Does This ManCoaching Stuff Take?

Great question – and one that I can't answer here! You see each man that makes contact comes with a completely unique set of issues that affect him in uniquely different ways.

Your ManCoach will listen intently during the initial 30 min FREE chat and then offer his ideas around the length of time he feels would be a realistic period of time to work with the guy – but it's going to usually be over a 3 month period to allow the guy to foster new behaviours or change his current actions. Changing mindsets and behaviours doesn't happen in 1 hour!!

What Can ManCoaching Help Me With?

At ManCoaching, we can help guys work through lots of areas of their life. It isn't so much about the issue – it's about the way coaching can help you re-frame your life and thoughts.

We work to help guys create goals that they can work towards, sometimes these are longer term goals but often they revolve around short term goals. Once the goal is agreed, it's all about looking at options available to reach said goal and your ManCoach will hold you accountable for actions you agree to take. #Simple!

As ManCoaching is a forward looking, positive service we can't help you work through serious events that may have previously happened to you; for example PTSD – but we can signpost you to other professionals we deal with.

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As an overall area we can help with:

- Depression
- Divorce
- Separation
- Parenting
- Anger
- Anxiousness
- Becoming A Dad
- Careers
- Low Confidence / Self-Esteem
- Relationships

The best thing to do is give us a call and have a chat – we'll tell you if we feel we can help you.

You can contact Chris by

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Twitter: @mancoachinguk

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Thanks for reading guys!