Learning and Wellbeing

One-to-one Coaching and Groups for Health

40 new participants

Louise was busy juggling work, family and social life, alongside managing long term knee pain and type 2 diabetes. She had a reluctance to engage with her GP. She wanted support to improve her eating habits, activity levels, sleep, and overall wellbeing.

Our Health and Wellbeing coach helped Louise identify barriers to managing her diabetes, including irregular meals, long commutes, alcohol use, poor sleep and limited physical activity. She was supported to engage with her GP and we set practical goals such as batch cooking, preparing lunches, keeping balanced snacks available, reducing alcohol and increasing movement.

Health Coaching Spotlight

Louise also used a food diary to help understand her eating patterns, attended a sleep workshop, and explored ways to be more active - including swimming and using the gym.

Louise reported improvements in her diabetes and cholesterol, reduced her alcohol intake, planned meals more effectively, and felt better able to manage setbacks. Coaching helped Louise look at herself holistically and to start making sustainable changes to support healthier eating, activity, sleep and diabetes management.