

Promoting Good Mental Health Through Coaching

What a coach can do?

Coaching and customer skills



Be welcoming



Talk about mental health



Offer alternatives



Get feedback

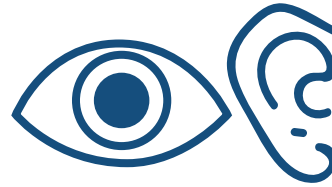
Awareness



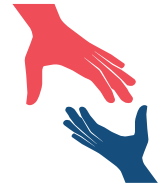
Ask people how they are feeling



Pay attention



Use your observation and listening skills



Ask how they would like to be supported

Respect



Avoid intrusive questions



Treat everyone fairly



Make yourself available to listen



Treat information in confidence

Empathy



Learn from reliable sources



Listen and seek understanding



Don't feel pressured to find answers



See the individual, not their diagnosis