



EWS Wellbeing Coach sessions at Job Centre Plus

The role of a Wellbeing Coach is to engage with individuals in the community and improve their lifestyle and confidence.

A Wellbeing Coach will support service users who are of a more complex nature and may be undecided in the support they need, which results in the service user requiring the additional level of knowledge and guidance from a Wellbeing Coach

The Wellbeing Coach will apply behaviour change and Health Coaching techniques to help motivate the client to set goals to improve lifestyle. The Wellbeing Coach will also social prescribe to other service that will enhance and help the client to maintain the outcome of the interventions.

If the client meets the criteria they will be entitled to 6 sessions in total over a period of up to 3 months. The first session is 40 min and the follow up sessions are 30 min.

To get booked in with a Wellbeing Coach please ask the client to ring EWS 0300 303 9988. The client will be triaged by the Single Point of Access (SPA). The SPA will be able to help the client get in touch with any other services they may need. Ask the client to reference the Job Centre Plus venue and day that they would like to be booked in. These are closed sessions for Job Centre Plus clients only.