

# *The Crossroads Coaching funded by Sussex Cancer Fund*



My name is Sue Brown and I am being kindly supported by Sussex Cancer Fund to provide 6 of your patients with a 12 week, 1-2-1, coaching programme, as part of a pilot project in Worthing.

- Coaching can help them redefine their goals and look forward, using the information they have from their experiences to find meaning and purpose for the life they have now.
- Coaching gives time and space to identify clear goals, explore ideas and make a plan that works for the individual.
- It will play to your strengths and what is important to you.
- Coaching is confidential and completely non-judgemental.
- Coaching is provided face to face or on Zoom or on the phone.
- Coaching requires the coachee to invest time and effort into them self, recognising that there is a gap between where they are and where they want to be.
- The programme covers 3 key areas: Self (mindset, beliefs and habits), Strategy (what, when, how) and Support (responsibility, accountability and management).

What next?

To nominate your patient for FREE coaching supported by Sussex Cancer Fund, please contact Sussex Cancer Fund on 01273 664930 or email:

[uhsussex.scfadministrator@nhs.net](mailto:uhsussex.scfadministrator@nhs.net) with their details.

Thank you for your help.

Sue



[www.thecrossroadscoaching.com](http://www.thecrossroadscoaching.com)