

# Help us improve the experience of supporting someone at the end of their life

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Are you a professional coach or a service designer?  
We want to talk to you!

The Innovation Unit is working with St Christopher's Hospice to research how caregivers and supporters of a person who is dying can be better supported at the end of life. We are using service design tools to create a new form of coaching that ex-carers can use, with the support of health professionals, to coach other carers in a new service called **Coach4care**. Coach4care supports coaches to help carers, of someone who is dying, to reduce stress and improve their resilience and wellbeing by developing positive coping strategies



We are looking for people willing to take part in a workshop at CAN Mezzanine on the 16th October between 14.00 and 17.30. Interested?

Contact Ella Walding on 07798655388  
or email [ella.walding@innovationunit.org](mailto:ella.walding@innovationunit.org)

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## What is Coach4Care?

Anyone who is caring for a loved one who is dying learns a lot about how to care. What is challenging is sustaining energy and resilience throughout the caring journey so people can give the best possible care to their loved ones. Coach4care helps caregivers through coaching to help them reflect on their situation and take action to improve their well-being and the well-being of those they care for. We believe that caregivers know their situation best, that they will learn best from reflecting on their own experience rather than being given advice. They also have the best chance of coming up with solutions that will work for them and our coaches are there to help unlock the answers within them.

Coach4care has been founded on the belief that experienced caregivers are best placed to support people who are caring for a dying person because they truly understand what it is like. Ex-caregivers are trained as coaches and develop their expertise with support from professional coaches to use their previous experience and their new skills in a rewarding and meaningful way. They take a specific interest in caregivers and help them to improve their resilience and wellbeing by developing positive coping strategies.

## What will the workshop involve?

The workshop will create a new and novel form of the GROW model based on the 'double diamond'. This will be an easy to use tool that coaches can use to help carers explore their situations, identify aspects of their life they would like to change, test different coping strategies and implement them into their lives. It will also explore what other tools can be used to help carers manage negative emotions and increase positive experiences.

**Tea, coffee and snacks will be provided!**

## Who are we looking for?

- **Coaches:** Professional coaches. You do not need to have experience of life coaching, you only need to have coaching expertise and an interest in this area.
- **Service Designers:** Designers who can use their design expertise to look at coaching through a new lens and build on people's lived experiences.



## Where is the workshop?

CAN Mezzanine  
49-51 East Rd  
Old Street

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