­­­

Innovation Exchange

Patient Story

Connected Health Cities

**Health Coaching**



***Our aim is to enable people to thrive by feeling more motivated, confident and in control of managing their own health and care.***

**Leo’s Mum Mandy reports how Health Coaching has improved his mental health and school grades!**

Mandy said: ‘The principles of Health Coaching have helped us out again. Leo has always really struggled with school - ending up with him too depressed to go. At the end of last term, after lots of tears and nagging on my part, we had a meeting with the school and agreed a reduced timetable for Leo, according to what he feels he can cope with.

Voila! - his attendance has shot up, his grades have shot up. He isn't depressed which means I'm not depressed.

Some people have frowned on my 'mollycoddling' approach but as the saying goes, you can't teach a fish to climb a tree (if that makes sense)’.