

Becky Durran

Wellbeing coaching for colleagues



Support your team with individually-tailored wellbeing coaching

Investing in your employees' wellbeing doesn't have to mean big budgets or complex programs. Many businesses are now engaging with wellbeing coaching, as an affordable, effective, and personalised way to support employees' mental and emotional health.

Coaching helps people:

- ✓ Manage stress
- ✓ Build confidence & motivation
- ✓ Set and achieve meaningful professional goals
- ✓ Find balance, both at work and beyond
- ✓ Improve overall wellbeing and self-awareness

My coaching

My approach is psychology-informed and can also incorporate mindfulness and relaxation techniques. As a specialist ADHD coach, I can also support employees who have ADHD or who suspect they might have ADHD, to manage stress and overwhelm and to develop tools for self-regulation.

Sessions are bookable on an individual basis, or as discounted packages for businesses.

About me

I am a qualified coach, with an ICF-accredited Professional Coaching Diploma, an ADHD Works certification and EMCC Practitioner status.

After studying psychology at Nottingham University and training to teach at Cambridge University, I taught and was a pastoral tutor in state school and college sixth forms for 14 years. I then worked for five years as a Leaving Care Worker, supporting young adults through life's challenges, as they left the care system. I am married, have two teenage children and live in Knaresborough.

"Working with Becky has honestly been one of the best decisions I've ever made."

For testimonials and more information about online or face-to-face coaching, please visit:

beckydurrancoaching.co.uk

To discuss how I might be able to work with you, please contact me, either via the website or by email:

becky@beckydurrancoaching.co.uk



"Becky created a calm and safe environment that made it easy for me to open up. I highly recommend Becky as a coach, if you're looking for someone who is compassionate, insightful, and dedicated to helping you grow."

