**Coach-a-thon**

***Raising money for Barnsley Hospice***

Barnsley Hospice is a charity that provides specialist palliative care and support to hundreds of local people and their families each year. Our main priority is to achieve the best possible quality of life for patients with a life limiting illness, whilst supporting their families, during the period of illness and bereavement.

We are a charity – our care is free for patients, but not free to provide.

With the Coach-a-thon, the goal is to deliver up to 50 1-hour coaching sessions by the end of the year.  There is no set fee for the session, although ‘coachees’ (people who are being coached) will be invited to make a donation to Barnsley Hospice. To make a donation or contribution, click [here](https://www.justgiving.com/fundraising/stephen-hall74).

**About your coach**

Stephen is our Director of HR & OD and has worked as a HR professional for over 25 years.  In this time he has worked across a range of different industries: retail, in-flight catering, office products wholesale, manufacturing, engineering, social housing and charity.  He has worked for small businesses and global corporations. He has also worked for 5 years as a consultant, delivering HR services across the UK.  Stephen is a Fellow of the CIPD, the professional body for HR in the UK.

Stephen has a degree in psychology, a masters in occupational psychology, and has recently completed the study element of an advanced diploma in coaching psychology.  The diploma is based predominantly on cognitive behavioural coaching.  As part of his diploma, he has to have delivered 75 hours coaching practice, which he is well on with.  He receives regular supervision by a qualified coaching psychologist, has indemnity insurance (a requirement of the course), and works by a code of ethics set by the British Psychological Society (BPS).  Stephen is a Member of the BPS.

**What can we talk about in the coaching session?**

What would YOU like to talk about?  Coaching can cover a range of topics, including: health & wellbeing, goal-setting, career planning, problem-solving, relationships at work, procrastination, imposter syndrome, work performance… It can be helpful if you have a particular topic in mind, although if you need a bit of help to define what’s important to you then it can be equally helpful.

If you are interested in booking a session, click [here](https://calendly.com/s-hall-barnsley/coach-a-thon).

If you would like to have an informal chat about this before booking a coaching session, please email me on stephen.hall@barnsley-hospice.org.