

TCA application for scholarship

“Giving back to my community”

The opportunity to ‘give back’ to others is a hugely important aspect of my mindset. My own sense of personal development has reached new heights over the last three years and without the influence and direction of those others who first reached out to me, showing me alternative ways of thinking, my growth would have stalled in its tracks.

It all began when I attended the 2-day coaching weekend with TCA last November. I went along with a completely open mind; I knew this had to be the case if I was to gain all the benefits that could be offered to me. So many issues were covered that I had already begun to explore in my own life, but now it was different. I wasn’t alone. There was a room full of people from different generations and walks of life, but all who had one thing in common....they wanted to grow and change. I also came away with new friends and contacts that I have stayed in touch with ever since, people who remind me that it’s ok to do things a little differently and not settle for a prescribed life.

My mission is simple: To help others ‘think outside the box’ and come to realise there are other solutions and modes of thinking and behaving, beyond that dictated by their environmental and emotional experience.

My particular niche interest would be the health and wellness sector. I currently write a popular food and wellness blog centered around a plant-based wholefoods lifestyle (www.includingcake.com) and my intention would be to broaden my scope and develop my coaching skills in conjunction with this. As part of my development I have recently completed a Plant Based Nutrition Certification. In addition, in the last few days I have also enrolled with the Institute of Integrative Nutrition to study to become a health and wellness coach.

These two qualifications in conjunction with The Coaching Academy’s Diploma in Life Coaching & Personal Performance Coaching, will enable me to reach out to both groups and individuals across the breadth of society to help develop the personal awareness of the increasingly strong link between mental wellness and nutrition. I hope you can see, that I am serious in developing the skills I will need to be the best coach I can possibly be.

I am currently involved with a number of local businesses that work with many groups and individuals on a daily basis and I have also had experience as a mentor during my previous job. I have links with both North Herts Homes who are heavily involved with under-privileged groups within my local community and I am also directly involved with The Spine and Wellness Centre who work to improve the physiological health of many individuals through both private and NHS referrals. I would embrace the opportunity to provide the psychological perspective to help develop the bigger picture through the avenue of health and wellness, and ultimately assist these individuals in improving their own lives.