



## ALK Positive Lung Cancer (UK)

### What is Life Coaching?

Life coaches typically focus on helping people move forward with clarity and direction to achieve specific goals in their present and future life. They work with individuals who want to boost their emotional wellbeing, resilience and personal growth. Life coaches help clients develop action plans, set measurable goals, stay accountable and create meaningful change in the areas of life that really matter.

Life Coaches are not Counsellors, who are licensed mental health professionals who can diagnose and treat mental health conditions like depression, anxiety, and PTSD.

### Who will deliver the Life Coaching?

Jane Woods is an experienced Life Coach, specialising in resilience, emotional wellbeing and ADHD. She started coaching in 2018 and began cancer coaching prior to the COVID 19 pandemic with Cancer Support UK and has since worked with the Youth Cancer Trust, EGFR Positive and ALK Positive. During her career at Pfizer Oncology, she worked with ROS1-positive lung cancer. Jane is also an accredited ILM5 coach, ILM wellbeing coach, cognitive behaviour therapy practitioner, appreciative inquiry practitioner and trauma informed coach. She is Nature as Co-Facilitator trained and is an Associate Member of the European and Mentoring Coaching Council. Jane is also a swim host for the national charity, Mental Health Swims.



### Who will benefit?

Patients and their close families who are struggling with long term health challenges, relationships, communication, managing uncertainty, rumination, resilience, boundaries, values, meaning and purpose, harnessing strengths, calming the inner critic, procrastination, cultivating self-compassion and self-care.

The service is free to ALK-positive patients and close family members in the UK and Ireland.

## How will it be delivered?

The coaching will be delivered online via Zoom and usually takes place monthly in one-hour sessions over 6 months. A 30 minute, no obligation, discovery session can be arranged to provide the opportunity to ask questions and understand the coaching process. Like a new pair of jeans, it's important to get the right fit.

The TALK Positive Course is available to patients and there is a separate course for loved ones and family members needing support.

One-to-one sessions can also be arranged and take place in a non-judgemental and confidential space.

## How will I benefit?

“Our sessions were very helpful in understanding my diagnosis and how to carry on and live with that change in my life. It's been helpful to understand the diagnosis, along with ADHD and how to manage and cope with having the two things affecting my life. I think despite the ups and downs of cancer, I realise that I can still live my life now and retain my values going forward, despite the challenges I face”.

“The process has been deeply healing and has reminded me of where I've come from in my life and of my achievements and strengths. It has been a true learning experience and has been so helpful in coping with my role as a cancer carer. I feel empowered and much more self-aware. Thank you so much”.

“I wanted to thank you for holding such a great space over the past 6 weeks. I've found the group sessions incredibly helpful”.

### **What did you find useful about the TALK+ Emotional Wellbeing Course?**

“Being able to talk with fellow ALKies about their journeys - like scan anxiety, impact on spouses/ partners, people's mental health. Getting some tools, like setting boundaries was helpful”.

“I realize that my thoughts are normal and that there is a very supportive group of people out there who I can contact”.

### **What would you say to other ALK+ members who are thinking about participating in future courses?**

“Give the course a try. It was definitely worth the investment of time.”

## How can I sign up?

Email Jane Woods on [jane@woodscoaching.co.uk](mailto:jane@woodscoaching.co.uk)

Email [hello@alkpositive.org.uk](mailto:hello@alkpositive.org.uk) for further information.