LIFE COACH & THERAPIST

CREATIVE WRITING MENTOR

Shelley Griffiths

BED (Hons) | MA (Hons) | CPCAB (Level 4) | Cert Life Coaching & EMDR

THERAPIES, COURSES & EVENTS:

- Life Coaching
- Eco Life Mapping
- EMDR
- NLP
- Breath-work, Mindfulness & Meditation
- Poetry, Creative Writing and Memoir
- Art, Colour and Sound Therapy
- Nature Therapy, Grounding, Mindful Foraging & Shinrin-Yoku
- Gestalt Psychotherapeutic Counselling and CBT
- Neurodivergent and Menopausal Support

One-to-one and group sessions and courses:

For more information, please email Shelley at info@edenkind.org or visit

www.edenkind.org to see what's on!



LIFE COACHING...

… is designed to help you know what you want, set goals and find practical solutions to achieve them. It focusses on present and future growth unlike psychotherapeutic counselling which often delves into past traumas. Life coaching is a good choice if you feel stuck and aren't sure where to begin to transform your life and become happier, mentally healthier and more successful.

Together, we can identify what is holding you back from living your best life, empower you to reframe self-sabotaging mindsets, learn neurolinguistic techniques to overcome blocks, and increase self-awareness, confidence and wellbeing.





Life Coaching with a difference:

Unlike the majority of other life coaches, I am a fully qualified and experienced psychotherapeutic counsellor, so I have the diagnostic skills to recognise if psychological issues such as unhealed trauma or addiction could be the main obstacles to self-empowerment and personal fulfilment.

Knowing what requires attention is often the first step to healing and finding joy.

Neurodivergent Friendly:

A lot of talking therapy that focusses on past trauma can be dangerously triggering for people with autism and ADHD and can bring about vividly reliving past trauma which is not always helpful to healing or growth.

This is why life coaching, 'here and now' therapies, EMDR and CBT can be more effective for highly sensitive and neurodivergent people wanting to improve their well-being and happiness.

Creative Writing as Therapy

Using writing as a cathartic outlet is a powerful tool to express emotions from rage to sadness, grief and injustice.

Expression in all it's forms is healing, but when channeled into tasks focussed on releasing trauma along with follow up rituals designed to help 'let it go', writing not only taps into the psyche in unexpected and rewarding ways, but it is also a great way to see where the blocks are to healing. Writing can offer insights into unhealed traumas and with the support of a skilled mentor, can become far less daunting as I encourage raw expression that requires little or no skill in writing, only authenticity. Practicing the art of being honest with yourself can be challenging, but writing releases repressed emotions in a safe environment.

My therapeutic writing courses cover journalling, writing streams of consciousness, poetry, story telling and memoir writing including writing your own fairy tale complete with the happy ending you desire. With inspirational writing prompts and techniques to overcome writer's block, my group courses are designed to create safe spaces to truly express yourself without judgement.

As a published author, qualified teacher, award winning poet and with a masters degree in creative writing, I bring my literary knowledge and experience into the realm of therapy to help you find your voice and heal.



Art Therapy:

Expression through creativity is always healing on some level, so using art as a way of releasing trauma and restoring balance is part of the toolkit I can offer my life coaching clients.

Whether it's creating abstract impressionistic colour studies that reflect and influence mood or modelling with clay, I have all the equipment, materials and knowledge to improve well-being and help reset overwhelmed minds with mindful activities where the process matters far more than what the finished article looks like. No skills required!



Sound Therapy:

There are several sound frequencies that can heal and help reset vagus nerves, bring about balance and restore calmness. I offer a variety of sound healing practices with my life coaching and often integrate it with other healing therapies. I often take my tongue drum to my nature healing events to add sound healing to outdoor therapies.

Let's find out together what works for you!

NATURE THERAPIES:

- GROUNDING
- FOREST BATHING
- MINDFUL FORAGING
- PLANT ID
- NATURE PHOTOGRAPHY
- DRAWING & PAINTING FLORA

Grounding *allows free, negatively charged electrons to transfer to the body which neutralises excess free radicals and restores electrical balance.*

It can help ease inflammation and joint pain, improve sleep by regulating diurnal cortisol (stress), and improve circulation. I tend to combine grounding with breath work, meditation and stretching to maximise healing and help encourage a shift in the autonomic nervous system towards a parasympathetic (rest and digest) state.

Forest bathing or Shinrin-Yoku *is known to lower stress, boost the immune system and increase the number of white blood cells that target virus infected and tumour cells.*

It helps lower cortisol levels (stress), improve sleep, reduce anxiety and depression and helps lower blood pressure. Trees emit organic compounds called phytoncides that have positive health effects when inhaled. When combined with mindfulness tasks, the benefits are enormous.

EMDR

(Eye Movement Desensitisation and Reprocessing)

This is a scientific technique using bilateral stimulation designed to help the brain reprocess and heal from traumatic memories and distressing life experiences. Instead of reliving past trauma in detail, EMDR targets the negative narrative that is often left by unhealed trauma. First sessions are designed to learn about what negative beliefs are holding you back, master some somatic healing activities and build safe grounding techniques before embarking on the reprogramming.

By concentrating on triggers that create negative beliefs such as 'I am in danger' while simultaneously tracking side to side movement, your brain can be reprogrammed to rewire the memory so that it is no longer distressing and instead defaults to new narratives such as 'I am safe now'. It doesn't remove the memory but it reframes it as less painful and triggering.

By using somatic awareness and scanning your body after bilateral stimulation, EMDR is a bit like running a debugging programme on a computer where finding, analysing, and removing errors from code is what you witness happening to your brain. It is a powerful tool to overcoming blocks that are preventing well-being and personal growth. As EMDR can be taught to do independently at home, the basics are covered in my life coaching sessions as a useful tool, but can be available as full sessions and a course.

CBT

(Cognitive Behavioural Therapy)

CBT is a form of therapy that focuses on the here and now, and whilst it can look back on your past to understand your background, it mainly concentrates on current life challenges rather then digging deeply into your past. I use CBT as part of my life coaching to help identify unhelpful thought pattens and help change behaviours by practicing new actions and breaking down overwhelming tasks into smaller steps.

Gestalt Therapy

(Gestalt: German for 'whole")
Gestalt therapy is also a 'here and now' humanistic form of psychotherapy that combines mind, body, emotions and spirit and believes that growth comes from looking at how you experience your current environment and relationships. It focuses on present moment awareness, encourages personal responsibility and helps resolve unexpressed feelings such as old grief, anger and resentment that lingers in the present and blocks emotional growth. Using techniques such as 'the empty chair', role play, and letter writing all help to reach a place of forgiveness and compassion for people that often won't engage with your

NLP (Neuro-Lingusitic Programming)

The neuroplasticity of your brain means we can use techniques such as anchoring, reframing, visual kinesthetic disassociation, and swish patterns, to change the way you view a problem and be able to overcome negative mindsets and conditioned thinking. Learning NLP techniques is an integral part of the life coaching I offer.

Breath-work, Mindfulness & Meditation

Learning techniques that help bring the mind out of the fight or flight mode of the amygdala and into more calming states is crucial to well-being, and is an integral part of life coaching. From guided meditation to square breathing, I have an extensive toolkit to share on how to become more grounded and self-aware, all of which contributes to well-being and self-empowerment. I include these in all my practices.



Menopause Support

Peri-menopause and menopause can lead to some brutal awakenings that may have been repressed before oestrogen disappeared taking with it tolerance and the ability to 'mask'. By working out what makes you feel safe, grounded, healthy and happy with a toolkit designed to help with what that might bring up, life coaching can be a truly effective way to increase well-being, self-awareness and empowerment for women going through big changes.

Eco Life Mapping

This is life coaching with a difference as it focusses on the consequences of your choices not just for how it impacts you and your personal well-being but also how your lifestyle is contributing to the climate crisis so you can take steps to lower your carbon footprint and become more planet friendly. By offering a safe space to explore your choices, we can tailor a plan that encourages moving away from harmful practices towards a more mindful way of living alongside each other and nature. By connecting more intentionally with the environment and nature, and practicing mindfulness as a growth mindset, we can also combat the hopelessness that can come with increased awareness of how we are destroying the planet as a species whilst also becoming increasingly disconnected from each other.

The '**Evolve'** course combines life coaching, eco life mapping and personal growth in a ten week block (split over two half terms). The first five modules of the course focus on personal growth, well-being and self-awareness in preparation for the second half which tackles cognitive dissonance to be able to delve deeper into accountability, and explore the consequences of our daily choices and what we can do as individuals to evolve and become the best version of ourselves.

Somatic Therapy

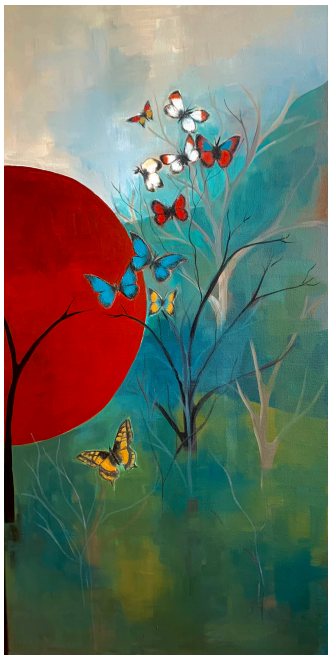
This holistic, body-centred approach uses physical awareness to help release emotional discomfort and psychological stress. It operates on the idea that stress is stored in the body, often leaving the nervous system stuck in survival mode.

Using techniques such as conscious breathing, body scans and movement, it can help release stored trauma, reset parasympathetic nervous systems and is an integral part of the therapies and life coaching I offer.



One to one sessions tailored to suit your needs!

The first session is all about getting to know you and what you hope to achieve from one to one life coaching. I have a readily prepared introductory course that takes roughly six weeks, but within that time, there is plenty of scope to add therapies we agree could be useful such as guided mediation, creative writing as therapy and somatic healing just to name a few. You are in control of your healing journey to success so you can pick and choose what works for you.



I'm interested! What do I do?

You can sign up to a one off workshop/ taster session, or enjoy a discount on your first one to one meeting to help you decide what you feel comfortable committing to.

You'll find more information on what courses and events are coming up on the Edenkind website here:

www.edenkind.org