

Men's Mental Fitness Programme for Blackburn with Darwen Powered by Rugby League Cares

1:1 Coaching FAQs

What is 1:1 coaching for men?

Our 1:1 coaching is practical, confidential support focused on helping men understand what's going on in their head, manage pressure better and most importantly make changes that improve how they feel and function day-to-day.

Unlike therapy, coaching is usually:

- Forward focused as opposed to going over the past
- Action-orientated, with practical tools and strategies
- Collaborative, working together rather than a focus on 'treating'

Coaching creates a space where men can:

- Talk openly without judgement
- Make sense of stress, anger, low mood, anxiety, or feeling stuck
- Build skills for coping, decision-making, confidence and managing emotions
- Align their actions with their values and goals

People can find coaching more approachable than traditional mental health services because it feels practical, action focused and strengths-based rather than a medical approach based on deficits.

Who is it for?

It is for men who:

- Feel stressed, overwhelmed, burnt out or under constant pressure
- Struggle with low mood, anxiety, anger or emotional difficulties
- Are dealing with life changes such as work stress, relationships, fatherhood, separation or loss
- Not feeling themselves
- Want to improve focus, resilience, confidence or work-life balance
- Find it hard to talk to friends or family about how they're really feeling
- Men who prefer practical conversations and clear outcomes

How does it help?

- Improving emotional awareness and regulation
- Reducing stress and anxiety through practical coping strategies
- Increasing confidence, motivation, and sense of control
- Supporting healthier habits such as sleep, boundaries, and routines
- Strengthening problem-solving and decision-making skills
- Men often report and the evidence tells us:
 - Feeling lighter and less overwhelmed
 - Better communication at work and home
 - Increased clarity and direction
 - Improved mood and energy levels

Where will it take place?

1:1 sessions can be offered online or face to face. Whichever suits you best.
When you sign up we can discuss what you prefer.

What happens after I sign up?

You'll receive a phone call from Rugby League Cares within one week, to give you some more information about the programme and discuss which group you are interested in.

Visit the website to SIGN UP NOW

www.rugbyleaguecares.org/bwd

Or **email us** if you have more questions

bwd@rlcares.org.uk