

Body Image Coach

www.bodyimagecoach.co.uk - free parent resources and community hub available

STEP 1 – Getting Started

- Print out all forms sent to you
- Read the Step 2 form emailed to you
- Complete induction with a staff member
- Make sure your end-of-workshop telephone call is booked
- Receive your start date

STEP 2 – Programme Journey

- We send you weekly pre-recorded videos
- 7 days to watch each video
- Work through your Journey Planner booklet
- Kindly reply to quick check-ins by us via email or text
- Participant clicks the link after each video to give feedback
- Attend any peer support groups you have agreed to attend
- Look through your Journey Planner for 10 minutes daily

STEP 3 – After Your Workshops

- Have your planned telephone call with a staff member
- Start using your 'Caring for Me' after care booklet
- Attend any 1-1 coaching you have agreed to attend
- Parent + participant feedback forms completed
- Work through your booklet for a few minutes daily

STEP 4 – Continuing Your Journey

- Keep using your Caring for Me booklet
- Review your notes weekly
- Continue practising the tools you learned
- Complete the 6-month 'Caring for Me' booklet and celebrate how far you have come

