



Body Image Coaching Programme for Young People (Ages 11–16 and 16-25)

Delivered Online | 10 Hours Over 6 Weeks | Psychoeducation & Coaching

Credentials

All front-line staff are qualified, governed and regulated by the relevant professional bodies and have completed extensive training in eating disorders and Body Dysmorphic Disorder (BDD) as well as having lived experience. Details of our team and the governing frameworks can be found here: [Meet Our Team](#). **Please note** that Body Image Coach and the full Body Image Programme(s) does **not** provide therapy. Therapists on our team **run their own private practices** and have many years of experience in the field of body image and mental health. You can view their professional credentials and separate websites on the [Meet Our Team](#) page. The Body Image Coach and our coaching programmes are **non-clinical services** and are regulated under recognised coaching governing bodies.

Programme Overview

Our 6-week online intervention is designed to promote positive body image and support early mental health challenges related to early onset eating disorders and BDD. We sit between schools/colleges/universities and NHS to support and complement existing clinical services. Participants watch supervised on demand psychoeducational workshops and can also engage in interactive group peer support and 1-1 coaching sessions.

Our programme helps young people understand how the mind works, as we teach them about core beliefs, habits and behaviours. We focus on unhelpful patterns, teaching participants to recognise triggers, manage self-criticism, and set healthy inner boundaries to support their healing journey.

By the programme end, participants understand their current stage in recovery and have a six-month planner to continue progress. Coaching sessions provide extra support for more persistent challenges. The programme does **not** focus on eating disorder types, eating plans, weight, or diets; instead, it emphasises self-perception, thinking patterns, and behaviours, allowing space for insight that leads to sustainable change. The programme supports young people experiencing:





- Body Image anxieties
- Early onset eating disorders
- Early onset Body dysmorphic disorder (BDD)
- Early onset Muscle dysmorphia
- Early onset OCD, anxiety, depression, and panic disorders related to body image

Our service compliments NHS/CAMHS care pathways as we can act as an interim while a person is waiting for CAMHS/NHS therapy. Because of this, some participants have stated that the programme was enough support and no further support is needed.

Programme Components

1. Weekly Animated Workshops (6–8 hours total)

- Accessed individually at home (supervised if under 18)
- Featuring engaging avatar-based animations
- Interactive exercises to reinforce learning
- Some topics include:
 - Core beliefs and inner dialogue
 - Building healthy habits
 - Mental health awareness
 - Social pressures and identity
- Participants complete a **Journey Planner** workbook, provided
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Peer Support Groups

- Cohort size: max 10 participants
- Focus on discussion, accountability, and wellbeing
- Topics include workshop journey planner content, social media pressures, limiting beliefs, and more





1:1 Support

- Optional Body Image Coaching for additional guidance
- Private therapy available upon request (separate service from programme and **not** funded)

Safeguarding & Accessibility

- Induction and assessments are made to ensure the participant is able to engage safely with us as a non-clinical service. Safeguarding, GDPR and a coaching contract are completed ensuring that a safe plan is set in place to safeguard participant's wellbeing should they need it and that the participant has clinical support where needed.
- Under 18s: A responsible adult must be present in the same or next room during sessions
- Programme workshops 1-1's and peer support groups delivered entirely
- Participants can access sessions and workshops flexibly to fit their schedule

Inductions & post programme chat

- Pre-programme 1:1 induction call via phone or Teams to assess any associated risk factors as well as protective factors
- Post workshops chat to offer additional support where needed

For Providers & Schools delivering in house

- Target Age Group: 11–25
- Cohort Size: 5–10 participants (to be discussed with Body Image Coach staff for set up)
- Fully complements clinical therapy and NHS/CAMHS pathways
- Additional resource: **Body Image Awareness Animated Workshop** for schools, ideal for PSHE lessons – ages 7 upwards
 - Helps identify participants who may benefit from the full programme if age appropriate
 - Available at: www.bodyimagecoach.co.uk under the 'where are we' section.





Programme Benefits

- Promotes recovery from body dissatisfaction
- Lived experience-led approach
- Flexible for busy family and schedules
- Supports neurodiverse and vulnerable young people
- Reusable resources for continued learning
- Safe, structured, and engaging online delivery

Costs & Funding

Fully funded for West Yorkshire

Outside West Yorkshire:

- Programme: £305 per person (we offer discounts to those on low income)
- Optional 1:1 coaching: £40 per session (subsidised)
- Optional private therapy: £65 per session (not currently funded)
- Fully funded spaces available—contact us to check eligibility

Contact

 www.bodyimagecoach.co.uk

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