
How we work

Living Your Life provides a unique service for people who have been affected by trauma.

By trauma, we mean anything that you have experienced that you found traumatic.

In our experience, while counselling is extremely helpful to process trauma, people can also often benefit from personal development workshops such as those focusing on self-esteem, and coaching which supports the achievement of personal and professional goals.

When we meet you for the first time, we will listen carefully to you and together we will agree how we will work. It may be that you're ready to start therapy and we can start that immediately.

Perhaps you've already had counselling and are thinking about what you'd like to achieve now? In that case, we will assign a coach to work with you.

You can attend our workshops alongside your one-to-one appointments, or, if you'd prefer, you can simply sign up to our workshops as you feel they are appropriate for you.

Tel: 07792 938 089

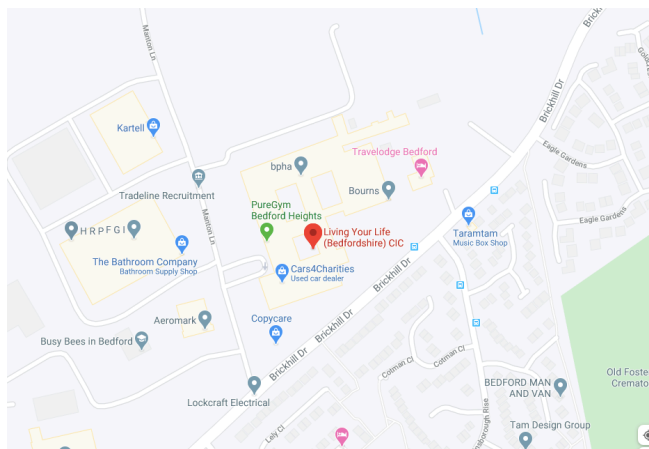
Email: hello@livingyourlife.org.uk

Web: www.livingyourlife.org.uk

Location: We have various locations across Bedfordshire, but our head office is in central Bedford:

315 Bedford Heights
Manton Lane
Bedford
MK41 9PH

Parking at Bedford Heights: there is plenty of free car parking onsite. If car park 1 is full, please go to car park 2 (entrance next to Travelodge) where there is an extensive car park.



Living Your Life (Bedfordshire) CIC
is a local not-for-profit organisation
Company registration12253447



Counselling | Coaching | Workshops

Specialist help for
adults affected
by trauma.



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Counselling

When you're ready for therapy, we will match you with a counsellor you can work with on a one-to-one basis each week.

Our therapists specialise in helping people whose lives have been affected by trauma, especially for sexual or domestic abuse and violence.

Our work with male victims has been nationally recognised.

We are also familiar with the criminal court process so can offer pre-trial therapy. However, you do not need to report in order to get support.

Our service is both short-term and long-term.



Coaching

Perhaps you have worked therapeutically, or don't feel the need for it, and feel ready to address some life goals?

We will match you with an appropriate coach who will work with you to develop your personalised coaching programme.

These meetings will be less frequent than counselling and paced to suit your individual needs.

While most of our coaches are trained in coaching and therapy, some have a purely corporate coaching background. We will match you with the best person for your needs.



Personal development workshops

Our workshops are designed with you in mind and are practical and interactive.

They will address a range of issues that can make a positive impact on your wellbeing at work and socially.

We will be running a range of workshops throughout the year.

These will vary in length from an hour a week to a full day depending on the subject and include:

- Self esteem
- Resilience
- Self confidence
- Coping with change.

