

The Dyslexia Coach



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The Dyslexia Coach will help you unlock your potential through face to face and online coaching.

The Dyslexia Coach offers online and face to face coaching which will help you unlock your potential. The Dyslexia Coach will help you unlock your potential. Do you feel you've been held back through your experiences with dyslexia? The Dyslexia Coach can help you both online & face to face... Leave unwanted struggles in the past. Strategies to make learning easier. Set manageable and achievable goals. Explore and exploit your true strengths. We don't believe dyslexia is a problem, a disability or disadvantage... We see dyslexia as a strength, an advantage, ...we are pro-creatives! Some of the techniques we use.. Danks Davis Reading and spelling empowerment (we're the only Danks Davis trainer's in the UK) NLP

To aid communication and self-development. Art Therapy
To unlock creativity and growth. Wilderness Therapy
An optional outdoor boost to conventional coaching
At The Dyslexia Coach we understand that your dyslexia is unique to you... Our approach is practicing flexibility... all sessions will be personalised to you and your goals. Here at The Dyslexia Coach an important part of the process is getting to know you, so when personalising your coaching we make it the best experience for you. 4 things The

Dyslexia Coach can offer...

A personalised plan to help you achieve your goals
An understanding and focus on your core strengths
Tailored coaching tools for the challenges ahead
Improved processing of information
Do you love being creative?
The majority of people with dyslexia seem to agree that creativity is one of our strengths!

It's not uncommon that in our sessions we use creativity to explore your goals.
But don't panic! This isn't school: we believe in free expression where there is no

right or wrong.

Meet the coach
I founded The Dyslexia Coach because I am passionate about helping people with dyslexia. I, myself have dyslexia and have experienced what it's like to be unsupported by conventional education.

I travelled across the world to New Zealand, where I learnt Danks Davis, a method of empowering dyslexics in their ability to read and spell. I am the only one to be practicing this method in the UK.

I have over 6 years of experience in coaching and training specifically as an NLP coach, art therapist and outdoor trainer. I have used these techniques especially for people with dyslexia.

In my spare time I am an active 'dyslexic poet'. (You'll find some of my poems

here)

What is dyslexia coaching?
Dyslexia coaching is a form of coaching designed to help people with dyslexia with the following areas:

- improve their literacy and numeracy skills
- increase their understanding of dyslexia
- explore and discuss how dyslexia impacts their own lives
- motivate them to feel determined and inspired to overcome any blocks separating them from success and happiness

help them build confidence and appreciate their true worth.

Just as coaches (the type with wheels and drivers) take passengers from one place to another place, coaches (the type with arms and legs) take people from where they are in life, to where they want to be in life. For example, a sports coach might help transform an athlete from a competitor into a winner; a life coach might help an unhappy client move from a bad to a good place in life, and a business coach might help a company transform from mediocre to successful. Dyslexia coaching helps clients transform from:

- feeling unhappy and undervalued to feeling empowered and valued

- feeling unsupported to getting the help and guidance they need to prosper
- having trouble focusing in school or work to feeling inspired, ambitious and hopeful

feeling insecure to feeling confident and proud of who they are and what they can do.

What happens in a dyslexia coaching session?

Different coaches work in different ways to help and support their clients. The sessions themselves can take place either face-to-face, over the telephone, through video calling (e.g. Skype), or via email. Sessions usually last for an hour or more, and the amount of sessions you have is entirely up to you, although it does depend on factors including: how severe your dyslexia is, the complexity of the issues you wish to overcome, your level of understanding about the condition.

Usually during your first session you will be asked questions that will help your dyslexia coach learn about you, your condition and how you deal with it. After establishing what it is you want to get from your coaching sessions, your coach will begin developing a plan of action for moving forward. Dyslexia coaching sessions can be challenging: coaches will invite you to change your way of thinking and learn new approaches. In the end though, they are designed to help you overcome what you consider to be obstacles in your life, leading to an outcome that will hopefully be worth the hard work. When choosing your dyslexia coach, you should first make sure you feel comfortable with their approach and if you don't, simply conduct a new search and choose another. In your coaching sessions it is likely that you will be taught ways of coaching yourself in future, so even when the sessions end, you can take those important techniques, skills and fresh ways of thinking with you into your future.

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