



**Mental Health and Well-being**  
**Conversation Guide**



## Introduction

Welcome to the Mental Health and Well-being Conversation Guide.

The film has been created to demonstrate good and poor coaching practice. It follows the story of a young coach, Sabrina, who is embarking on her coaching journey and faces a number of challenges along the way.

This guide will support you in discussing, debating, and reflecting on the coaching styles used and the environment portrayed in the short film “Where is the line?”

We have created the activities to enable you to work through them in a variety of ways; on your own, with a colleague or friend or in a structured group at a workshop.

We hope you enjoy the film and find this guide helpful.

**Tip:** Before continuing this part of the guide, watch the replay moment [‘Why don’t I just pick you up?’](#) taken from the short film “Where is the line?”.

Being a great coach requires an understanding of the individuals you coach, and their support needs, to be able to support and maintain a person’s mental well-being.

**1. List all the moments you believe contribute positively to the mental health and well-being of those in the clip.**

**Think about:** Actions, language, behaviour and impact.

**Consider:** How the clip made you feel?



**2. From your list, choose three key moment to focus on the positive impact.**

**Think about:** Actions, language, behaviour and impact.

**Consider:** a) Who is impacted? - Sabrina and/or the participants

b) What are the contributing factors that has led to each positive impact?

**3. As a coach what are the benefits of providing opportunities for individuals to share their support needs?**

**Think about:** Actions, language, behaviour and impact.

**Consider:** The benefit to the whole person and wider contributing factors, that could have an impact on their mental well-being.



**4. How do you currently create opportunities to learn about individual support needs? How could you create more opportunities?**

**Think about:** Actions, language, behaviour and impact.

**Consider:** Aligning to your role, boundaries and conduct, consider opportunities within your session and outside of the session. Perhaps there is an opportunity to further develop a culture of peer support within your coaching environment? How could that culture be developed and maintained?

## Next steps

By opening up the conversation and working through the activities in this guide, whether on your own or with others, you have taken a significant step toward making positive change.

We encourage you to continue to be a change maker by;

- Inviting others to watch the film and join the conversation
- Exploring more of the Duty to Care Hub and sharing it across your coaching network.