

Cathy Eden Coaching

What is ACT (Acceptance & Commitment Training)?

ACT (Acceptance & Commitment Training) is an extensively researched and effective form of behavioural therapy that has been adapted for use in a coaching context.

ACT helps people to create rich and meaningful lives while, at the same time, living with the difficulties, pain and stress that are a fact of our daily lives.

When we practise ACT together, we use tools and exercises to help you to increase your psychological flexibility - and resilience. These tools support you to make choices based on the things that truly matter to you and with ACT, we learn how to process our feelings, fears, thoughts and limiting beliefs.

When we work with ACT, we start from the point that a life without difficulty, sadness and pain does not exist. Instead of trying to answer questions like: 'How can I stop feeling these things that make my life difficult?', we seek to discover how you deal with these things when they occur. Do you acknowledge and work with these parts of your life, or do you try to change them and fight against them?

We look at what matters to you, then, over subsequent coaching sessions, we work to identify the internal and external factors that get in the way of doing what matters. Once we've done this, we learn new ways to deal with them.

In our coaching sessions, we use metaphors and exercises to practice new ways of thinking and doing. We get to the heart of what matters and help you to find your path.

Examples of issues that can be explored using ACT:

- I feel stuck and I don't know how to move forward
- How can I enjoy my life more?
- I know what I want, but I'm scared to go for it
- How can I better deal with my difficult boss/colleague/friend etc?
- How can I relate better to others?
- X has happened. How can I live with it?

I am a member of the Association for Contextual Behavioural Science and am committed to continuous professional development in my work.

