



Here for young people
Here for communities
Here for you

YMCA BRIGHTON

EVOLVE

1:1 Coaching Service

Work, Learning and
Volunteering Goals



Coaching with EVOLVE

We offer up to 12, 1 hour sessions of 1:1 coaching using the GROW (Goal, Reality, Options, Way forward) coaching model as a way to support people working towards their goals.

EVOLVE is open to anyone 18+ supported by drug and alcohol services in Brighton & Hove, who has a work, learning, or volunteering goal they would like to achieve.



We are a client-led service.

You will get to choose how many sessions you think you need to reach your goal, and which location and what time of the week you would like them to take place.

Is coaching for me?

In order for coaching to be effective and successful, we ask that you have a goal you would like to achieve and the motivation to do so.

Questions to ask yourself

Do I have a work, learning, or volunteering goal?

Am I ready to explore it?

Do I feel motivated to do this?



YMCA BRIGHTON

If you wish to be referred, please fill out an application form with your Recovery Coordinator/Worker and email it to us at evolvecoaching@ymcabrighton.co.uk

Contact us:

We are open Mon to Fri, 9 am - 5 pm.



01273 220 900

Ask to speak to EVOLVE



EVOLVE - YMCA Brighton
Steine House, 55 Old Steine
Brighton, BN1 1NX