



EVOLVE 1:1 Coaching

Part of YMCA Brighton



Work, Learning & Volunteering



Here for young people
Here for communities
Here for you

EVOLVE is a Work & Learning Coaching service which is part of YMCA Brighton



We support people living within YMCA
projects achieve their Work, Learning and
Volunteering Goals.

Through coaching we can support you with

Confidence
Building

Learning New
Skills

Finding a Job

Training &
Courses

Literacy &
Numeracy

Computing

Volunteering

Creating a CV

Creating your
Future



EVOLVE use the GROW Model

Goal, Reality, Options, Way Forward



All you need is a GOAL
you want to achieve

**I have a lot
going on, am
I ready?**



**We know a lot of
residents have
multiple challenges,
if you have a GOAL,
we are happy to
meet**

How to get involved

Get in touch by completing and sending us your Referral Form.
Ask EVOLVE or your Key Worker to help with the form



email the form to:
evolvecoaching@ymcabrighton.co.uk

How to get involved

We will then contact you using your chosen method to arrange a Welcome Meeting to find out how we can work together towards your goal.



Tea and coffee supplied!

How to find EVOLVE

Call us on 01273 220900 and ask to speak to
EVOLVE
or email us at
evolvecoaching@ymcabrighton.co.uk

YMCA



EVOLVE

PART OF YMCA BRIGHTON

Where to find us



Front of building

As seen when approaching from St.
James Street/ Old Steine Gardens

We are
here



To see our location on Google
Maps, click this icon



Main Entrance



Our Main Entrance is here
(On the side of the building)



Our main door looks like this.

Please push the buzzer for entrance when you arrive and one
of our staff members will come to meet you.

