

FAQs for Individuals

What Sanctus is and isn't

What is Sanctus in two sentences?

Sanctus Coaching is a confidential space where you can talk about anything that's on your mind with a fully-qualified coach, whether it's personal or professional, a problem or a goal.

What can I talk about with a Sanctus Coach?

Sanctus Coaching can be used in many different ways. Here are some examples below: (these are only examples and don't represent the only things people can talk about)

Healing	Current affairs (can lean towards healing & growth)	Growth
<ul style="list-style-type: none">• I have been feeling down (depressed, hopeless, meh) for days/ months / years• I suffer from anxiety including performance anxiety• Something horrible happened to me (traumatic event)• Someone close to me died• Difficulties at home• Romantic relationship gone bad• Addictive behaviour• Body image• Self harm (including suicide)• I am being bullied• I worry about everything• I am in debt• I made some bad choices lately• I experience really difficult emotions such as envy, resentment, anger, contempt• Other	<p>These can affect people in a variety of ways and having a safe space to discuss how it's impacting you has been a blessing for many Sanctus clients.</p> <p>Examples of current affairs:</p> <ul style="list-style-type: none">• COVID19 (mental health and well-being related or worries around e.g. finances and job security)• Black Lives Matter• Elections, politics, news• Other	<ul style="list-style-type: none">• A desire to dream bigger• Wanting to be more real around others• Career planning• Being a better manager / leader (developing people, giving feedback, tricky conversations, clarity & vision)• Clarifying a sense of purpose and meaning• Feeling stuck or self-sabotage• Imposter syndrome or a feeling of not being enough• Low esteem and/or confidence• Difficulty in setting boundaries• Overdoing it through ambition, competitiveness, wanting to be right, playing too nice

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There's no right or wrong answer here and there's no test to pass. The space is there for you to use it in the way that you want.

Here are some questions you could also ask yourself to get the brain ticking:

- What's your dream? What do you want more of?
- What are you finding difficult or challenging right now?
- Is there a tricky conversation you're avoiding?
- What is pushing or pulling at you these days?
- What difference would you like to make in your life, short or long-term?
- What's going well for you?
- How are you holding yourself back? Do you have an opportunity you're not taking?
- Where in your life would you benefit from being braver or more authentic?

Again, no right or wrong answer. See what comes up for you and trust that it's coming up for a reason.

Should I use Sanctus Coaching regularly or more reactively?

This is down to you and what your needs are. It can be used in response to sticky situations, but it can also be used proactively when you want to work on regular growth.

The frequency of sessions often depends on the complexity of the questions people bring to the sessions, but you can talk about this with their coach.

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Can Sanctus Coaching help with more difficult things such as stress or uncertainty?

Coaching isn't only about progression, growth and development; it can also be a space to talk about more difficult topics too.

We'll work with each person's specific circumstances looking at what makes them feel the way they do, and what actions they can take to change or manage that.

Can I go if I'm unsure or have nothing to bring?

Yes! People always have something to talk about but what we find is that not everyone knows what to expect or how best to use a Sanctus Coaching session.

It can sometimes take a couple of sessions for coachees to get into the swing of things.

Have a look back at the table one page one if you're looking for some ideas.

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More on Sanctus Coaches

Are Sanctus Coaches healthcare or psychology experts?

Sanctus Coaches are either accredited coaches, therapists or both. All of our coaches abide by either the ICF (International Coach Federation) or BACP (British Association for Counselling & Psychotherapy) code of ethics and standards.

Our coaches are full-time in what they do, they are coaches & therapists for a living. They are also in consistent supervision and coaching themselves, to assure the quality of their coaching.

Are you just therapists that are branded for businesses?

There's no machine learning AI algorithm to Sanctus. We work with some of the best coaches around, create a safe space and educate coaches and individuals on how to use that space to help people grow. We sell a space, not a solution and by spreading a consistent message we encourage people to constantly invest in their mental fitness.

So, in short — yes!

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Practicals

How can I find the booking link?

Grab the booking link from your colleague who's organised Sanctus or your manager. Make sure you've got it saved somewhere that's easily accessible for you - perhaps in your browser favourites or in the notes on your phone.

How do you deal with confidentiality?

Confidentiality is at the very foundation of what we do and we take it very seriously.

It's important to create trust with Sanctus so that people feel comfortable opening up. What's shared in Sanctus is completely confidential at all times and the content of the sessions are never shared with Sanctus or with the company, unless it is shared by the individual.

In extreme circumstances, if someone were to be a danger to themselves or others, we would have to extend confidentiality, but the participant would be informed of our intention to do so.

How do you work with the UK's health services?

Right now, we don't. We don't see it as our role to have conversations for people on their behalf (unless an extreme circumstance). We believe in coaching people to be able to take responsibility and ownership of their own actions. If someone wanted to talk to their GP, but was unsure for example, we would help them work it out – not have the conversation for them.

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Do I need to be vetted to attend?

There is no vetting process as such for Sanctus; the space is inclusive and for everyone with mental health (so...everyone!). If we feel like someone needs more support than Sanctus can offer in our time frame, then our coaches will work with the individual to work out what approach is best for them.

What do I do after a session?

Whether you plan to return for another Sanctus session or not, remember that some of the most important a-ha moments happen between coaching sessions when the mind starts to wonder and re-play the content of the coaching conversation.

You can help yourself in the following ways:

- First of all, resist the temptation to jump straight back into work. Take 5-10 minutes to ease yourself back, especially if the session felt somewhat intense
- Take a note of a key insight or realisation you had in the session; you'll thank yourself later! With time, we forget even the most valuable insights
- Ask your coach if you should do something between sessions e.g. a written inquiry or a reflection, read a recommended article, listen to a podcast
- However, some people do better without additional assignments. It's a relief to realise a coach is not another person in your life you have to please or impress with your achievements, that it can simply be about having a supportive person to talk to
- Feel stuck? Ask your coach for guidance