



# FREE LIFE COACHING

## for adults in Trafford on the autistic spectrum

### It can help you:

- **Make positive changes in your life**
- **Understand and cope better with relationships**
- **Improve self-awareness and self-esteem**
- **Improve self-confidence**
- **Identify goals in work or study**
- **Be healthier**

The Autistic Society Greater Manchester Area is a registered charity that works with young people and adults with Higher Functioning Autism.

Charity Registration No 1089527

### What is Life Coaching?

Life coaching can look at any aspect of a person's life. It is about a relationship where the life coach supports another person to focus on what they want to achieve in life and helps them to identify what is getting in the way of them achieving their goals.

Wendy Griffin one of our Autism Key Workers will work with you on a one-to-one basis to help you identify your goals, make an action plan to achieve these and deal with any barriers in your way.

### Who are ASGMA?

The Autistic Society Greater Manchester Area has been working with young people and adults with Higher Functioning Autism since 1968. We provide support for parents and carers through our Autism Information and Family Support Service and direct support for people with Autistic Spectrum Conditions through our Aspirations and Life Skills Projects.

### Who funds our life coaching service?

The service is commissioned by Trafford Metropolitan Borough Council and is open to adults in Trafford with an Autistic Spectrum Condition.

### How do I apply?

It's simple! Just contact our Autism Key Worker Wendy Griffin at the contact details below. She will then arrange for an initial meeting to discuss what you want to achieve and whether life coaching is the right support to enable you to do this.

Wendy Griffin

Autism Key Worker

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