

Julia Macintosh
journaling coach

www.juliamacintosh.uk
07407 750505
julia@juliamacintosh.uk



Coaching programmes

These themed programmes combine bibliotherapy and journaling with one-to-one coaching, allowing you to delve deeply into the issues that matter to you. Each programme consists of a reading list of three titles and 12 one-hour coaching sessions tailored to your own situation and needs, plus a workbook of relevant journaling prompts and further reading recommendations.

- climate change** Eco-related anxiety, grief and fear can paralyse us. Exploring this complex problem together helps to shift our feelings and respond with hope and action.
- death and dying** Whether suffering bereavement or reckoning with your own mortality, you will benefit from getting closer to the subject of death in a healthy and positive way.
- midlife** Midlife can be a time of great challenge, change and growth. Make the most of this transition in your life by giving yourself the care and attention you deserve.
- vocation** Still wondering what to do when you grow up? Discover purpose, meaning and motivation through an understanding of your vocation.
- creativity** Everyone has the capacity for creativity – but sometimes we get stuck and it takes inspiration to get us back into flow. Realign with and celebrate your creative side.
- soulmaking** Soulmaking sees life's challenges as the opportunity for personal and spiritual growth. Learn how to live soulfully and with greater meaning and value in your outlook.

Who I am

I am Julia Macintosh, a life coach specialising in journaling and bibliotherapy. I bring 36 years of experience keeping a journal and have been running journaling workshops since 2018. I possess a unique blend of qualifications, training and lived experience which allows me to facilitate a coaching practice grounded in my core values of warmth, authenticity, creativity and perseverance.

Who you are

You are thinking about, experiencing or even struggling with issues related to the programme topic, and would benefit from a dedicated space to explore and work on and through the matters at hand.

You are an avid reader and will enjoy the challenge of digesting three substantial books over the course of our time together. You also love to write and you are happy to put in the work of journaling several times per week. Finally you are contemplative and you thrive when you are engaged in self-exploration and personal development.

Outcomes

- A thorough exploration of the programme theme, and how it relates to your own life;
- inspiration to make new choices in your life based on what has been learned;
- a well-developed journaling practice;
- access to a workbook of journaling prompts and further reading recommendations.

Cost

Cost per programme = £720

- this includes: 12 one-hour coaching sessions + workbook
- this does not include: 3 books to be purchased separately.