

Scott Alfonso Mental Health Coaching

Hello and welcome to Scott Alfonso Mental Health Coaching!

I firstly want to congratulate you for taking the time to enquire about the different ways you can support yourself in your mental health journey!

We at Scott Alfonso Mental Health Coaching are super passionate about helping individuals tackle the everyday challenges that may be preventing them from living their most fulfilling lives. I know that you want to optimise your current habits to support your emotional wellbeing and mental health. You want to continue engaging in the various modalities and therapies that have supported you, but you also want to streamline this process allowing you to live more simply.

We understand that seeking more support can be daunting and often the hardest part of the journey so take a minute and honour the fact that you already made the biggest step!

Our work is for you if you're aspiring to enhance your current habits, bolstering your emotional well-being and mental health. While you seek to maintain your involvement in the diverse avenues of support you have already established, you also yearn to streamline this process, enabling you to embrace a life of simplicity (and not feel like your mental health & well-being is another chore!).

We understand that this work can feel overwhelming so let us help you refine your existing habits giving you the best possible chance to create the dynamic life that's been waiting for you.

Our Beliefs

We at Scott Alfonso Mental Health Coaching believe that your journey should be supported from a multi-dimensional approach that fits into your lifestyle and schedule. We like to think of a strong mental health program as creating a "roof" above our heads which will not only aid in sheltering us from the storms that life will always throw our way, but be the trustworthy pillars of strength that we always know are there.

Our Four Pillar Approach will act as the foundations to support your mental health "roof" and provide you with the skills and tools necessary to self-regulate and adapt in the future.

- **Foundation One: STRENGTHS BASED APPROACH**

We understand that there is no 'one size fits all' approach to mental health support. This is why we work with our clients to tailor a program that works to their strengths, understanding what areas they are passionate about and where they could use extra support. There is no point in creating a program that doesn't speak directly to who you are and what you need. Working together we can look to refine and hone your habits ensuring that they are offering you the best support in those moments. This allows you to implement these strategies time and time again finding the fluidity when it comes to managing your mental well-being.

- **Foundation Two: THERAPEUTIC ENGAGEMENT**

Talk therapy has been shown to be a critically important aspect of mental health support. Talking with a therapist not only helps us better understand what is happening in our lives but also better understand who we are as people and just how much we are truly capable of. This can lead to a reduction in stress and anxiety leading to better emotional regulation. It helps to create space to identify roadblocks you may be facing in your life and allow you to examine the possible roads to move forward. Therapy is also beneficial in working through the trauma of our past which may contribute to the limiting core beliefs which may be holding you back today.

We seek to offer a range of different online based talk therapy support for our clients so they can make it work for the schedule and budget. No more worrying about the traffic to make it to an appointment or blocking off hours of your time. With options ranging from 15 min "check ins" to full 50 min sessions, there is something here for every level of engagement needed.

- **Foundation Three: NUTRITION**

With 20 years of experience working as a chef I understand not only the importance of a balanced diet but also the difficulties that you may encounter trying to execute it each day.

Food itself can be medicine not only for the body but also for the soul.

We believe that feeding yourself tasty, nutritious, and easy to prepare meals is an act of *SELF LOVE*, and you have three opportunities a day to practice it!

We will provide you with easy-to-follow recipes, ideas and videos so that this act of self-love becomes an enjoyable and regular part of your routine.

- **Foundation Four: MINDFULNESS IN BREATH, MOVEMENT, AND MEDITATION**

We believe that mindfulness provides the necessary element of introspection and awareness leading to healthier relationships with our mental health. Learning to feel into your breath and your body allow for a deeper connection with not only yourself but with the world around you.

Benefits of mindfulness based practices include reduction of stress, anxiety and depression. They have been shown to help improve sleep and create a higher level of awareness in the body and mind. When practiced regularly they have also been shown to aid in the creation and achievement of goals!

We understand that getting to the yoga studio for a practice can sometimes be difficult with all the other responsibilities you have in your life. This is why we have a library of short yoga flows, meditation and breathwork exercises that you can access from your home, making it easier to fit into your busy schedule. Flow, breathe and connect with an array of incredible teachers while moving your body and building that deeper connection to self.

Our Framework

Our specific Framework allows us to develop a personalised, strengths-led approach for your mental health and well-being, optimising what works for you and leaving out that which no longer serves you.

As someone with very multi-dimensional experience that includes:

- A Masters in Mental Health counseling provides me with tools and techniques to support you through your therapeutic engagement. Let us create realistic, sustainable, and achievable goals allowing you to reduce the stressors in your life while bringing you closer to the life you desire.
- Over 20 years experience as a chef has allowed me to develop not only a keen understanding of nutrition but the need for it to *taste great!* Let me help you find the joy in the act of self care that is cooking and consuming food which tastes great and nourishes your body.
- Four years of teaching yoga has allowed me to understand and appreciate these mindfulness practices and feel their benefits firsthand. That is why we have teamed up with other incredible teachers to bring you offerings designed to fit into your busy schedule making it easy for you to engage and develop your practice, maximizing your benefits.

... I am incredibly passionate about this multi-dimensional approach to mental health and well-being. I believe in supporting my clients in the most holistic and “whole self” way, making sure that you not only get results, but also create a practice that is sustainable and designed for the long term.

Here is the specific framework that I use to help my clients create results:

- ① First, we will review what you are currently doing when it comes to your well-being, assessing the benefit and cost of these practices. In discussing your habits, we can ensure they are serving your current needs and addressing the challenges you face today.

- ② Secondly, I’ll get to know more about you as an individual to better understand where you have come from and where you would like to be. Together, we can establish realistic, achievable and sustainable goals that are reflective of how you want to be living your life (not how you think you **should** be living your life).

- ③ By creating a solid foundation established in step 1 and 2, together we’ll formulate a sustainable plan focusing on your strengths, tailored to your schedule, so it doesn’t feel like something you’re chasing your tail on and actually supports the life you want to live.

The Specifics

There are two options to choose from:

Option	Option A	Option B
Duration	6 months	6 months
Kick off call	30 minute kick off call	30 minute kick off call
Call structure	Fortnightly 50 minute calls for the first 2 months Then it moves to monthly for the remaining 4 months	Monthly 50 minute calls

Check-ins	15 minute check in on the “off weeks” in the first 2 months. When we move to monthly sessions, there is a 15 minute check-in call that can be used at any time in between the next session	15 minute check-in each month
Total sessions	8 sessions total	6 sessions total
Investment	\$267/month for 6 months (\$1600 total)	\$200/month for 6 months (\$1200 total)

Whether you are looking to start the journey, feeling overwhelmed by your existing routine or have plateaued with your current habits, let us help you develop a program that will help bring you closer to that simple, joyful life in front of you!

If you are ready to take control of your mental health journey, please click the link below to book in a 15 min discovery call where you can ask questions and determine if this is the program you’ve been looking for!

Looking forward to hearing from you soon!

Scott Alfonso