

About Brain Health Coaching

Free confidential one-to-one sessions



Why it matters?

In today's fast-paced world our health and mental well-being are often overlooked. Our service is a challenge to invest in one of your most valuable assets — **your brain!**

You might never have thought about brain health before, but our brains are involved in everything we do: how we think, how we feel, how we act, how we get along with other people. Our brain is involved in every single decision that we make.

YOUR BRAIN IS AMAZING, LET'S KEEP IT THAT WAY.



This service isn't for everyone, but many can find value in it. Here's who it's perfect for:

- ★ If you're curious about what science says on keeping your brain healthy and want to learn more.
- ★ You may feel unmotivated or not sure how to get started on your healthy brain journey
- ★ You may have attempted to make lifestyle changes in the past but could do with some help in making things stick.

Service Focus

Research has found many things that impact brain health. Brain Health Scotland has divided them into six key areas of life:



Interested?

 www.brainhealth.scot/brain-health-coaching

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About the Service

This service is tailored to navigate you through a personalised path towards enhancing your brain health, leveraging evidence-based insights, psychological methodologies, and customised strategies. You will be provided with a safe and non-judgmental space to make meaningful changes that really matter to you!

During the sessions, you will gain access to a wealth of resources and expert guidance to support your journey, such as:

- ★ **Personalised coaching plan**
- ★ **Exclusive bundles** includes curated worksheets, evidence based techniques and tools, and knowledge & skills about improving your brain health
- ★ **Bespoke Well-being pack** at the end to sustain your brain health journey



Ailin Chen
Trainee Health Psychologist

Hello and thanks for reading this service brochure. My name is Ailin, I'm a pre-HCPC registration doctoral trainee health psychologist, dedicated to applying psychology and behaviour science to empower people at all levels to achieve their aspirations!

As part of my training towards becoming a fully qualified health psychologist, I offer a health coaching service.

I am fully protected by both indemnity and public liability insurances, with expert supervision by Prof. Vivien Swanson (Registered Health Psychologist, Programme lead for NHS Education for Scotland) and Mrs. Helen Skinner (Dementia Nurse Consultant and National Project Lead Brain Health Service).

I'm specialised in behavioural approaches and other psychological approaches too, like mindfulness and many more. We'll find what works best to support you!

I look forward to talking to you!

How to Start



Simply submit the **self-referral form** (click the link here) , and we'll be in touch for our first session. Whether you prefer the charm of face-to-face meetings in Dundee (Morgan St.) or Perth (George St.), or the convenience of online sessions, the choice is yours! In these cozy 50-minute weekly sessions, tailored just for you, we'll explore and grow together.

'this is really useful, a bit of a game change for me' ★

-previous feedback about behaviour change

Be sure to check out the diagram below for a glimpse into our **session plan**. Remember, it's just a guide — the real magic lies in personalising the sessions to fit your unique needs. Typically, we'll have **1-5 weekly sessions, each lasting 50 minutes**.

Start Here

Initial Consultation

We'll talk about what's on your mind, answer your questions, and figure out your goals. Then, we'll dive deeper into the assessments

1

Assessment

We'll start with a fun brain health quiz, then chat about your life, health, and any concerns. Our goal? To set a starting point and boost your brain health and well-being!

2

Coaching Planning

You're in the driver's seat, and I'm here with all the psychological tools and techniques from behaviour science to help us map out your path to positive change.



5



Follow-up

This step reinforces your progress, gathers feedback, addresses concerns, and refines skills, typically within a month after formal sessions.

4

Closing

This will be a moment of reflection and empathy, exploring your progress, insights, and challenges. You will receive a well-being pack to further care for yourself.

3

Monitoring & Troubleshooting

A safe and accepting process to monitor the progress of the journey. Progress will be measured with empathetic understanding and collaborative troubleshooting towards your goals