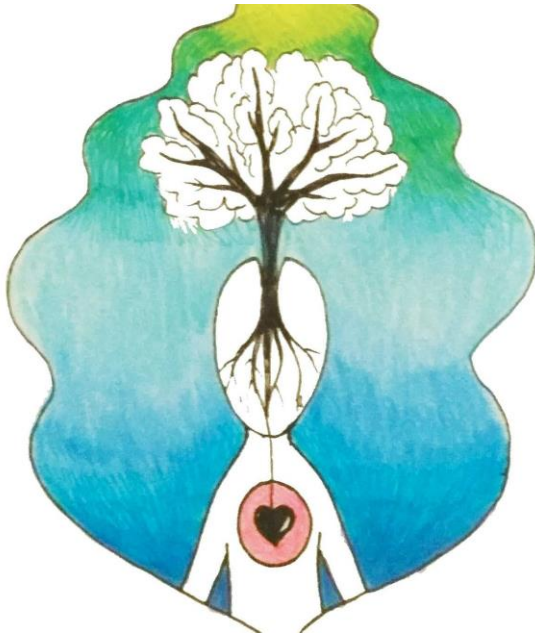




Thank you for taking the time to complete the feature questions below.



Please, tell us about you and the work that you do?

I am a life coach as well as a Health and Being Coach. I use NLP skills to help women overcome hurdles and have done so since 2017/8 when I completed my Master Practitioner in NLP, Timeline Therapy and Hypnosis. It is classed as alternative therapy and as yet is not available on the NHS. My clients consist of females, usually in high level roles in their career that want guidance without there being a record of it on their medical records or others in work to be aware of it. Due to this there are very little references that are posted I in Google reviews etc. I have a

background in mental health experience I have heard voices for the last 10 years and have facilitated support groups to help others overcome their concerns and issues. As a Health and Wellbeing Coach I support those that are in danger of contracting Type 2 diabetes this is via the NHS England and Reed Wellbeing.

Has this, and if yes, how does, this link to mental health?

Mental health is affected as stress can exacerbate issues that would normally feel manageable. Those with anxiety have this heightened and can spiral out of control if not prevented from escalating. With the work I do as a Health and Wellbeing Coach I am able to use my NLP skills to help overcome people's initial anxiety and stress of the diagnosis they have received.

What has been some of the best moments of your journey creating your work?

Some of the best moments of my journey is helping others realise that what they are experiencing is a direct result of their life experiences and that with the correct support they can live a fulfilling and rewarding life just like most people. In addition to this supporting people to lose weight, become fitter, healthier, and happier is also very rewarding!

What projects are you currently working on? And if yes, which are there upcoming?

I have started a blog; it isn't a regular blog due to my degree – I am in my second year and I am now preparing for exams. After which I will write a blog about anxiety, so many suffer in silence and are unsure of how to get support outside of the normal channels.



Do you have any 'coping strategies' that you use, either with daily life or in mental health?

The coping strategies I have for daily use is speaking about my concerns, not letting them build up in my mind and keeping on top of daily rituals of exercise, healthy eating and good conversation to keep an overall better wellbeing.

How do you view the journey of recovery?

The journey of recovery is a challenge. It is difficult for everyone. For me the hardest challenge was coming to terms with my experience being from myself and my experiences in life. It is ongoing I am not sure you ever can recover from psychosis or if you just manage it with support from loved ones and the support system I have in place.

What does the future hold for you?

I am just about to complete the second year of my 3 year degree, I aim to foster children after this initially as respite on weekends and after I have built up more experience I would like to work part time and foster children so I can support them when they are most in need of the support to grow into well rounded balanced adults.

Favourite Quote?

"You don't live once. You die once, you live every day".

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