



All services delivered by:
Anna Marie Flynn
Managing Director & Founder

Introduction

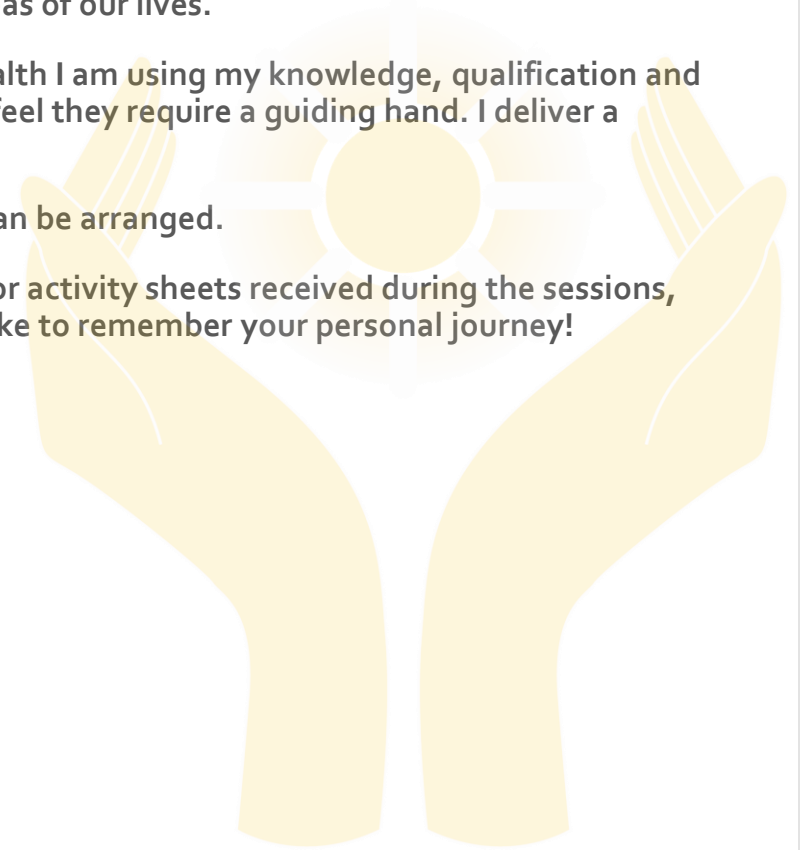


- I would like to introduce myself; I am a Community Support & Development Worker with an 20+ year career in Youth, Community and Health having worked in statutory, voluntary and charity sectors. Experience of planning and delivering information, guidance and support services to adults and young people in both front-line and managerial roles.
- **I am passionate about inspiring potential, motivating confidence and leading change for an improved quality of life of all.**
- After I successfully implemented a Community Interest Company start-up in Bedfordshire, I am now pursuing opportunities to establish equivalent service within Hampshire.
- Qualified in Youth & Community Work, Health and Social Care (Adults), Dementia Care, Health & Nutrition, Advice & Guidance. And a Mindfulness Practitioner.
- I am currently seeking opportunities within Portsmouth and the surrounding areas to utilise my bespoke Training programmes and Life Coaching, as well as providing Consultancy on community based Mental Health & Wellbeing activities and services.
- In a time of economical pressure I am aware committing to additional costs may be restricted, I am therefore able to provide additional administrative support including Fundraising for the programme, keeping costs to recovery and not-for-profit and including fees for my role within grant applications.

Everybody's A Somebody



- **Everybody's A Somebody Life Coaching** offers information, guidance and support; to develop confidence and create a personal plan, in order to fulfil your ambitions. I have a particular interest in confidence building as I feel this is the tool for all successes in all areas of our lives.
- Following a 20 year career in Youth, Community and Health I am using my knowledge, qualification and experience to offer personalised support, to those who feel they require a guiding hand. I deliver a professional service in an informal setting.
- Courses of 6 - 12 sessions or one-off coaching sessions can be arranged.
- You will receive a personal file to keep any useful notes or activity sheets received during the sessions, and will be given the opportunity to take away a keepsake to remember your personal journey!
- The Programme includes:
 - 1-2-1 Discussions (Face-to-face, via Telephone or online)
 - Goal based activities and resources
 - Between appointment support
 - Personal review
 - & guidance on where to go next.
- Everybody's A Somebody covers:
 - Understanding your Identity
 - Self-esteem, Confidence & Motivation
 - Careers Guidance
 - Positive Communication & Relationship Building
 - Health, Nutrition & Fitness
 - Mental Health & Well-being
 -and more!



Essentia Training



Essentia Training provides quality learning programmes for professionals that will:

- include relevant up-to-date information and guidance for best practice
- encourage confidence to make professional decisions impacting upon vulnerable members of the community
- Provide resources to assist in improved front-line service delivery

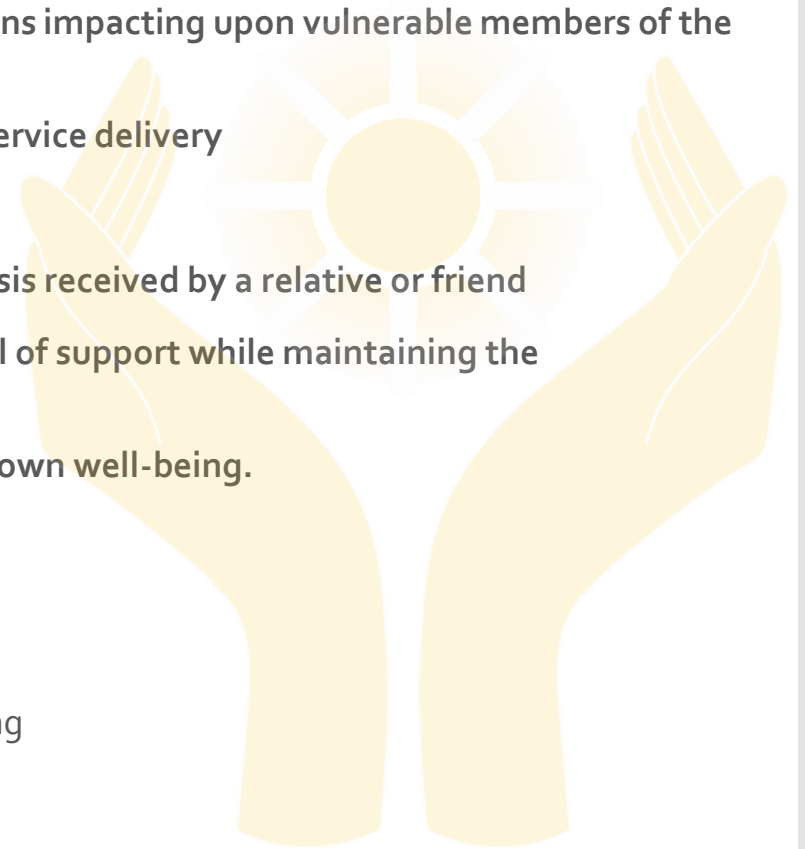
For members of the public;

- to gain information and understanding of a diagnosis received by a relative or friend
- encourage confidence to offer the appropriate level of support while maintaining the relationship
- tools and resources to assist support and maintain own well-being.

Courses include:

Understanding Mental Health including Dementia

- Introduction to Dementia / Mental Health & Well being
- Managing behaviour that challenges
- Challenging stigma
- Where to go - Information and Support



Essentia Training



Protecting Dignity

- Understanding the Importance of Dignity
- Providing Individualised Services
- How to become a Dignity Champion
- Where to go - Information and Resources

Caring in the Community

- Understanding a Diagnosis
- The role of a Carer
- Person-centred Care
- Caring for the Carer
- Where to go – Further sources of support



Project Development



Drug & Alcohol Recovery

- Understanding Addiction & impact on self
- Behaviour Cycles
- Health & Well-being
- Treatment & Support – Information and Resources

Activities for Young People

- Assessing needs (Social Change)
- Equality & Inclusion
- User Involvement
- Collaborative Working – Information and Resources



Project Development



Activities for Older Persons

- Assessing needs (History & Capacity)
- Equality & Inclusion
- Person-Centred Approach
- Collaborative Working – Information and Resources

Community Cohesion

- Community Mapping
- Cultural Sensitivity
- Joint Working
- Where to go - Information and Resources



Contact

Anna Marie Flynn
Managing Director / Founder

Tel: 07891 577 553
Email: annamflynn13@gmail.com

LinkedIn: anna-m-flynn
Facebook: AnnaMFlynn13

