



'NON 4 WALLS' APPROACH TO WELLBEING

Crisis Management Expert &
Mental Health & Wellbeing Coach



1 to 1 Coaching, Webinars & Workshops

Designed for:

Education: Staff & Students - Year 6 to University

Employment: 1 to 1 and Group Coaching

- Over 30 years trauma-based interventions in challenging and dynamic locations.
- 25 years decorated service: Coach & Mentor to young soldiers and officers alike.
- 5 years Corporate Wellbeing Ambassador.
- 5 years Coach & Mentor to Young People, supporting the transition to Adolescents.

07813 893 522

Free Demonstration

G.JONES@REDDOT365.CO.UK

No Obligation



Geryn Jones

Geryn often works with people who present with both personal and professional concerns around trauma, PTSD, stress, anxiety, depression, anger and emotional difficulties.

Offering both online and in person interventions, Geryn uses a popular outdoor approach to walking/talking therapies. Sharing life experiences with a humoured approach.

Geryn works in collaboration with the client to identify achievable goals and works in a solution focused way to support them in achieving their goals. Using both a direct and sensitive approach to achieve results, depending on the presented issues.

With over 25 years decorated service in operational locations including Northern Ireland, Kosovo, Bosnia, Cyprus and Afghanistan. Geryn has vast and varied experiences of high tempo and very often critical decision making in operational, educational and corporate environments.



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Geryn uses Red Dot 365 data & insights to create bespoke Mental Health Wellbeing Group interventions that are meaningful to the staff and/or students attending. Evidence driven and centred on key concerns that the Staff and/or Students have anonymously identified.

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- Negotiation & Conflict Management.
- Mental Health, Inclusion & Diversity: Challenging the stigma and prejudice.
- Accepting your limitations & Understanding your Strengths.
- Overcoming Low Self Esteem & Building Confidence.
- The Hardship of Separation: The influencers in your life.
- Seclusion & Isolation: Being alone, separation In Work & Education.
- Owning your Confidence & Improving Resilience.
- Empathy & Understanding: Trauma & PTSD.
- Achieve Your Goals! The Positive Mindset.
- Physical Wellbeing: Simple, Achievable Results.



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