

# 6 Week Coaching Programme

A chance to slow down, think about what's important, and work out what's next.

This small group coaching programme is led by trained coaches who've had cancer too.

Over six weekly, 2 hour sessions, you'll:

- Explore your identity, values, goals and mindset
- Gain practical tools and structured support to rebuild life after treatment
- Move forward in a way that feels manageable and right for you

We'd love for you to join us.



In our 6 week coaching programme, we explore lots of questions, one of them is:

*What matters most to you, now you've finished treatment?*

We use this as a starting point to help you pause, reconnect with yourself, and begin shaping life after treatment on your terms.

## Your Story After Cancer Starts Here

You didn't choose cancer, but you *can* choose what comes next.

Visit our website to book a free session, connect with others, or find helpful resources.

**Website:** [life-aftercancer.co.uk](https://life-aftercancer.co.uk)

**Email:** [Hello@life-aftercancer.co.uk](mailto:Hello@life-aftercancer.co.uk)

**Instagram:** @Life\_aftercancer



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Free support  
for adults  
post cancer

life **after** cancer

# You've Finished Cancer Treatment. What's Next?

Here's how we can support you.

# Life After Cancer Is Often Overlooked

**We're here to change that.**

We offer kind, practical support and a community that truly gets it, to help you rebuild a life that feels right for you after treatment.

We support people with the challenges many face after cancer, from fear of recurrence and identity shifts to brain fog, relationship changes, and working out what really matters now.

All our sessions are led by trained coaches with personal cancer experience or experts in their field.

*"People kept saying, 'You must be so relieved it's over' – but for me, the hardest part had just begun."*

## Free Support

**To help you rebuild your life after treatment.**

- Expert Sessions
- Support Groups
- Wellbeing Walks
- Online Resources
- 6 Week Programme
- Coaching Workshops
- WhatsApp Community



Scan to explore our free sessions.



## Tips From Our Community

**What helped others most after finishing treatment:**

- Take time to rest and recover
- Remind yourself: it's okay not to have everything figured out
- Talk to others who've been through it too
- Do one small thing each day that helps you feel more like yourself
- Don't be afraid to ask: *'What do I want next?'*