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# Life-coaching trial in HMP Lincoln

Lincolnshire Action Trust (LAT) has partnered with charity Spark Inside to deliver a life coaching programme in HMP Lincoln.

Hero's Journey is a structured programme for young men aged 15 to 25 in prison. It consists of group workshops and individual one-to-one coaching sessions, both in prison and following release, and aims to improve wellbeing, rehabilitation and reduce the likelihood of re-offending.

The programme results show that all of the men in the pilot have made progress in three or more of the six areas of their lives that are measured and 78 percent made progress on their 'Choices and Behaviour'.

HMP Lincoln governor Paul Yates said: "We launched the programme in August and it has proven extremely successful in supporting young people at the prison with wellbeing, building their confidence, improving their decision-

making and problem-solving skills to ultimately to transform their lives. So far we have delivered two out of the three programmes to nine young people and we plan to roll out to a further eight people during Spring 2022."

Jerry Gray, a life coach working with Hero's Journey, said: "Working over the last few months at HMP Lincoln has been an unforgettable experience. We are very grateful to LAT and the prison for making us feel so welcome.

"Our work has been supported by them every step of the way. We have been able to focus exclusively on delivering life coaching and giving our best.

"Some of the young men we have worked with have been truly inspirational. The whole experience has been both enjoyable and rewarding."

To find out more about Spark Inside, visit [www.sparkinside.org/](http://www.sparkinside.org/)