



“Dear ISN two men were found guilty for raping myself and my sister. We are so overwhelmed. Thank you so much for your help and the service you provided.”

“ Dear ISN before the coaching I could not leave my house for fear of my ex partner but after the coaching I am happy again, set up my business and enjoying time with my child”

“Our team understands the pain of abuse and we strive to help support and provide direction and tips on how to move forward with your life”

◆ Maureen Bailey FRSA LLB (Hons)

◆ Founder of ISN

BUILDING STRENGTH AMONG WOMEN AND GIRLS AND THEIR FAMILIES

**COACHING
YOU TO
SUCCESS**

ISN INNER
STRENGTH
NETWORK



**DOMESTIC
VIOLENCE**

**COACHING
SERVICE**

**When you are not sure
what to do now ISN will
help you to start all over.
again with safety tip**

Q. HOW LONG ARE OUR COACHING SESSIONS?

- ◇ Just 1 hour of your time with space for homework each week

Q. WHERE WILL THE SESSIONS TAKE PLACE?

- ◇ At a secure and safe space i.e. refuge, office space

Q. WHAT TOPICS WILL IT COVER?

Session 1

- ◇ What is domestic abuse and how it relates to your situation/Healthy Relationships

Session 2

- ◇ Signs of abuse

Session 3

- ◇ Attitudes and behaviours

Session 4

- ◇ Bespoke needs addressed

Session 5

- ◇ Building confidence and action planning

Quotes from Participants

“This has been a fantastic support for myself and my children”



“ I am now able to move forward with my life”



“ Dear ISN, before the coaching I could not leave my house for fear of my ex partner but after the coaching I am happy again, I have set up my business and now I am enjoying time with my child”

We also work with children of domestic abuse

Coaching marking

for our services

EXCELLENT

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