

# 4D Community Support



*Leading you to your best self*

4D community support provides direct assistance at a person's chosen time and place. Facilitators help during complex transitions or challenging periods, often intensively until the person can manage independently or move to less intensive support.

## ***The principles of 4D Community support:***

It is 4 dimensional as its name suggests.

### **1. Coaching and Guidance**

A collaborative and goal-oriented process which requires active listening, and providing feedback to help people gain clarity, set goals, and develop strategies to reach their full potential.

### **2. Social Care and Support**

Encouragement, or resources to help individuals overcome challenges or achieve their goals. It can take various forms, including emotional support, practical assistance, or guidance, tailored to the specific needs of the person receiving it.

### **3. Community Participation**

Support to create active involvement of individuals in their local communities fosters a sense of belonging, empowerment, and responsibility.

### **4. Personal Development**

Support in the process of enhancing one's knowledge, skills, and character to reach one's full potential. It involves, self-reflection, and continuous learning in various aspects of life, including career, relationships, and self-awareness, with the aim of becoming a better and more fulfilled individual.

***For more information please contact:***

neil.atkins@circlesnetwork.org.uk

01788 816671

