

OFFER TO SCHOOLS

1-1 COACHING

- * The programme is approximately 6 sessions long.
- * Each session lasts one hour.
- * Each student receives a personalised folder with the 3B programme of – Boost, Believe and Breakthrough.

GROUP WORKSHOPS

- * The programme is 6 sessions long.
- * Each session lasts one hour.
- * Each group of students has a 3B folder so we can monitor their progress during the programme.
- * The ideal number is between 2-5 students.
- * We use a general set programme over the 6 sessions (see example below)

Week 1 · Wheel of Life · Coaching Outcomes

Week 2 · Vision · Vision Board

Week 3 · Motivation · Awesome Students Do This

Week 4 · Limiting Beliefs · Overcoming Failure

Week 5 · Empathy · Relationships

Week 6 · Wheel of Life · Resilience

TARGET STUDENTS

- * Students who are keen to find a solution to improve their present and future situation in life.
- * Coaching can be helpful for Pupil Premium (PP) students, children in care (LAC) and post looked after children (PLAC). This is due to the massive boost of positivity and support that each student receives.
- * It is also helpful for young people struggling with self-doubt, confidence issues or family disharmony.
- * Student Breakthrough has proved effective for high ability students who are lacking motivation and lacking a sense of their future potential.

TALKS AND PRESENTATIONS

- * Motivational talks to small groups or year groups in assemblies on a range of areas from confidence, getting over failure, developing a growth mindset, acceptance of themselves and personal development.
- * Presentation to parents on how they can use simple and effective coaching strategies to best support their children at home.