



Student
Breakthrough

MENTAL HEALTH AND RECOVERY CURRICULUM

HOW STUDENT BREAKTHROUGH
CAN HELP YOUR SCHOOL



BOOST



BELIEVE



BREAKTHROUGH

MENTAL HEALTH AND RECOVERY CURRICULUM

Do you want revolutionary training to support your staff and students as part of your recovery curriculum?

How about providing your students with transformational emotional support to build a strong mental health culture in your school?

Do you want to create a ground breaking mental health provision so that you can provide children with the cultural capital to understand their emotions?

Childhood should be the happiest time in a person's life, yet for thousands of children who develop mental illness in childhood or adolescence, the reality can be very different.

One in ten children and young people have a diagnosable mental health condition (Health Education England). A study by the British Red Cross found that 49% of people have felt more anxious and depressed since lockdown, and this rises by 24% for young people.

We believe all teachers and staff in schools and colleges should have a basic level of mental health awareness and understand the issues affecting children and young people's emotional wellbeing.

We agree with the Governments Green Paper on Young People's Mental Health Provision that young people should have access to the services they need. Teachers and schools who are often on the front line of supporting a young person's mental health problems should have access to the training they need.

We are passionate about helping teachers, educators, lecturers, and mentors to become student coaches and learn new skills to powerfully impact the lives of young people.

- * What is your biggest challenge with mental health provision in your school?
- * How are you planning to support your students and staff?
- * What is your recovery curriculum for mental health?



We are Student Breakthrough

WHO ARE STUDENT BREAKTHROUGH?

We aim to revolutionise emotional support for young people and have helped over 1000 students worldwide overcome anxiety, grow in confidence and boost their motivation.

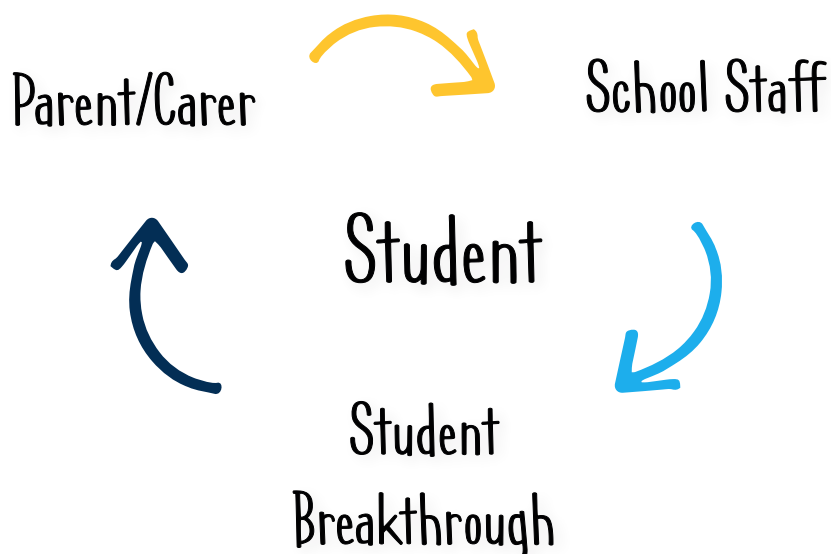
Our team is made up of experienced teachers and coaches who have taught in classrooms across the world.

We have all witnessed problems such as anxiety, stress, under achievement, low motivation and a lack of confidence to name just a few.

We feel the emotional support for young people is outdated and is not having a significant impact.

Student Breakthrough uses revolutionary coaching methods to provide children with the tools, vision and techniques to succeed in all aspects of life. We want to bring this transformational emotional support to more schools and our Breakthrough School Programme aims to do just that with our ground-breaking coach training courses and mental health provision.

OUR HOLISTIC APPROACH TO CREATE A MENTAL HEALTH CULTURE



We believe in creating a 'mental health culture' within each school so that staff, parents or carers and most importantly students feel that they are supported throughout their school life and beyond.

It is not just the job of the Designated Senior Lead for Mental Health to support students when they encounter challenges, but it is the holistic approach from everyone that will make the greatest impact.



We have three programmes for you to choose from, that have been designed to meet your needs, depending on where you currently are, and where you want to go...

Below is an overview of what is included in each programme:

	Boost	Believe	Breakthrough
Course Length	1 day total	2 months	6 months
Length of training	1 day total	8 live webinars	24 live webinars
Online support for Designated Senior Lead For Mental health	2 Hours	5 Hours	15 Hours
Support to develop a bespoke Mental Health Policy	✓	✓	✓
Parent and student event included	✓	✓	✓
Learn how to coach students	✓	✓	✓
CPD Accredited Course	✓	✓	✓
Student coaching workbook		✓	✓
Teacher resource pack		✓	✓
Training Guide, YouTube and audio clips		✓	✓
Fully qualified Student Breakthrough Coach			✓
Breakthrough School Accreditation			✓
Staff Numbers (min/max)	Unlimited	4 - 12	1 - 6

WHAT PEOPLE ARE SAYING...



Jin Atwal recommends Student Breakthrough.

12 January



Had the pleasure of meeting Sam and hearing him speak at the Ignite Your Inner Potential Event Yesterday. He delivered an amazing speech with real confidence and passion. Spoke to him after the event and he has some great ideas and vision on how he can empower young children. Believe Sam is going to have an great impact on young children.



Sonia Hines recommends Student Breakthrough.

1 March



On Saturday, Sam Moinet and his team put on an amazing transformational workshop. What an inspirational day, with young people and professionals coming together from far and wide, to learn from each other.

Thank you, for sharing impressive tools and techniques that enable adults to communicate more effectively with young people, so they feel listened to. I left feeling uplifted and more importantly ready to take action.

I'm so impressed with the empowered young people who shared their transformational stories. To everyone at Student Breakthrough, you're literally doing lifesaving work.



Emma Cann recommends Student Breakthrough.

5 March



I attended the Student Breakthrough event 'Empower young people to thrive, succeed and achieve' last weekend in London. It was a brilliant day. Filling a room with passionate people who want to make a difference to young people's lives is a very special thing - and then sharing practical strategies to try out and take away added to the buzz. Sam's belief that coaching support can revolutionise the outcomes for young people in our education system is so strong, and from the stories shared I can see why. The highlight of the day for me was hearing from students Sam has coached - the stories they shared so eloquently in front of a room of people were extraordinary and powerful. As an ex-teacher who is extremely passionate about education being so much more than testing and data, I was inspired to hear from others who share my passion. As a coach, I have seen the power of what I do and how I can use coaching to help those who need it most. The day was great - thank you Sam and the Student Breakthrough team who made it happen!



Laurie Haynes recommends Student Breakthrough.

30 October 2019



I attended a parent breakthrough session after coming across it by chance and really enjoyed it, it was informative and gave some great tips.

My daughter attended a summer breakthrough session and loved it. The difference in her attitude and how we have been communicating has been a huge change. The positive messages really hit a cord with her and her confidence has increased, even more so after attending another session this half term.

She is very keen to work with sam and the team in the future. Thank you so much



Joanna Sinclair recommends Student Breakthrough.



Sam is hugely inspiring and so passionate about his work, he thrives to make a positive difference to everyone! He is professional and knowledgeable and generally a great guy that can engage with kids, teens and adults alike. Great engaging and energetic delivery and powerful messages to make change for the better and promote growth and resilience. Awesome!!

Just completed my course and got my wings! Excited and inspired to change lives and use my skills, great course and huge CPD and awareness, hugely beneficial to my career and life! I would really recommend it both for its contents, delivery and the Student Breakthrough family you become a part of ❤️



Dan Cox recommends Student Breakthrough.

3 weeks ago



I am an Assistant Headteacher at a primary school and I have just completed the student breakthrough coaching course.

This has enabled me to really support those children who teachers don't normally have the skills to support.

I have already seen a huge impact in my school and soon, it will be seen across the whole school as I get more staff on board.

The course itself was bespoke and personalised. It went at our pace and nothing was rushed. Our cohort was great and we are now good friends who will support each other on our journeys.

Sam himself wears his heart on his sleeve. He desperately wants to help as many people as possible and is truly giving everything to his cause.

I have really enjoyed working with him and I am keen to continue to do so.



Jude Hough recommends Student Breakthrough.

26 January



Sam is a great role model for pupils he came and talked at my children's school about exam stress and how to battle through, giving some great advice for parents and kids alike. He opened up a whole conversation and I realised how my own pre conceived ideas about exams could massively affect my child by adding pressure and the wrong use of language. Really valuable and lots to work on. Sam is also a great role model for youngsters closer in age to them than me by a long shot so definitely better at communicating and planting some really valuable constructive techniques. Good luck Sam with this project and your mission. — with Sam Moinet.



Heidi Beckham recommends Student Breakthrough.

26 November 2019



Sam spoke at our Truth For Youth launch party, absolutely brilliant talk with the youth and community on mental health. so many people have come back singing his praises. We will continue to work with Sam as our project evolves, keep doing a great job!

Heidi Beckham
Founder & Director at Truth For Youth MK



Coaching Carol recommends Student Breakthrough.

2 weeks ago



I have recently completed and passed the Coach Breakthrough course with Sam. A great learning experience, on the course were 3 experienced teachers who all gained from the training and each other's knowledge. Sam's positive energy is infectious. I recommend this course to provide good foundations if you want to pursue student coaching in your current school or alternative youth provision.



Mr Camillo @ Ongar Academy Music

@AcaOngar



I've logged into my emails and I'm blown away by some of our student responses in regard to our Student Breakthrough programme! Our pastoral support and hard work is paying off! Yassss! 🙌
[@TheOngarAcademy](#)

WHAT COULD BE POSSIBLE...

Joining one of our programmes is a significant investment in your schools recovery curriculum and delivers a whole school approach to mental health. With proven results, each training programme is high quality, sufficiently long-term and rigorous in its approach.

We aim to revolutionise emotional support and create lasting change for future generations.

Visit www.studentbreakthrough.com for more information

LET ME ASK YOU A QUESTION, IF NOT NOW, THEN WHEN?



I look forward to working with you!

Sam Moinet

Founder of Student Breakthrough

