



COACHING & MENTORING IN SCHOOLS

WHO ARE WE?

Coaching Direct is a innovative company that provides Life Coaching/Mentoring to Young people in schools. We offer a range of services that will positively impact the way in which children function.

Coaching Direct has helped children build and maintain psychosocial wellbeing. It is our mission to make wellbeing a part of schools agenda for a healthy life experience in and out of school.

Our child-focused approach is grounded in the latest best practice, research and backed by our years of experience. All our solutions are developed and delivered by our team who work the young person to achieve their goals – no matter how ambitious.

We help motivate children who experience significant life challenges. Working directly with children to explore their concerns and re focus their energies to productive ends. Coaching Direct has qualified Social Workers and trained support staff with years of experience working with both children in a variety of settings.

Coaching Direct offers a bespoke program for schools whom have children that demonstrate challenging behaviour and who do not engage.

Coaching direct over a 10-week program that aims to:

- Identify with the child why they feel the way they do
- Listen to their story
- Explore strengths and areas of difficulties
- Identify their aspirations, dreams and desires
- Formulate a plan strategy to achieve their goals.
- Target setting
- Help them understand the value of learning
- Reduce dysfunctional/disruptive behaviour
- Help them understand the nature and value of relationships.
- Strategies for improving motivation.
- Reduce anxiety
- Strategies for helping with depression.

During this time we complete a three-stage assessment program at the beginning middle and end of the program.

WHO IS THIS SERVICE FOR? _____

We understand that young people's problems can manifest in variety of ways and settings. Therefore Coaching Direct has designed three distinct packages to meet those needs.

LEVEL ONE

Children who are not meeting their educational milestones due to emotional and psychological challenges. Intervention will be typically offered in schools college's universities and for private individuals.

LEVEL TWO

Children/young people who do not meet the criteria for the government's troubled families program and or, do not meet criteria for CAMHS.
I.e.: Children at risk of exclusion, ESC's

LEVEL THREE

Complex issues that require a variety of interventions the young person may also be involved with other statutory agencies.
I.e Leaving Care, Young people who are subject to youth offending services.
Safeguarding, Young people at risk of joining gangs.

CAN PARENTS CONTACT US DIRECTLY?

Absolutely! Parents can contact us directly to work with their child. We will explore with parents and the child what their desired outcomes should be. This will be a private arrangement between the parents and Coaching Direct.

Parents please call us on 0333 301 0228 for a free consultation.



WHO CAN REFER AND HOW?

We accept referrals from:

- Parents, carers and guardians* please see note.
- Schools, colleges and universities
- Statutory Social/Health agencies

Referrals must be completed online and then emailed password protected or posted to us our address can be found on our website www.coachingdirect.org/schools/

**Note: Please call us for a free consultation*

CONTACT US ON

Phone: 0333 301 0228

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Website: www.coachingdirect.org

Company registration Number: 10308174