



THESAN

Coaching & Training



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OUR PEOPLE



Sue O'Leary-Hall, BA (Hons), PGCE, MA

The Founder and Academic Director of Thesan, I have 20 years' experience as an outstanding teacher, middle and senior leader in both the state and independent sectors. With professional experience ranging from Head of English to Head of Sixth Form, and Director of Student Leadership to Director of Teaching and Learning, I understand both the pastoral and academic demands of school life.

The symbiotic relationship between the pastoral and the academic has always fascinated me; secure emotional foundations provide the ideal platform for effective learning. I set up Thesan Coaching and Training because I believe that pupils deserve support to develop the necessary academic and emotional competence to experience success at school and beyond. Equally, parents deserve evidence-based support to manage the changing dynamics of family life.

Dr Emma Dixon, MA (Hons), D Clin Psychol,
AFBPsS, CPsychol

A Consultant Clinical Psychologist with over 20 years' experience of working in the NHS in Child and Adolescent Mental Health (CAMHS), Primary Care and Child Development Services. Now in independent practice, I hold a special interest in supporting children, young people, families and other professionals in recognising and enhancing their own strengths to build upon their skills, resilience and confidence. I love the fact that change can be so dynamic in childhood and that seemingly small steps can have such a positive impact on an individual's psychological well-being.





OUR WORK



We work with creativity, responsibility and integrity to provide evidence-based support for the key transitions in a child's life. The well-being of children and parents sits firmly at the heart of everything we do. We deliver interactive training for pupils, which develops their competence and confidence. We tailor specialist seminars for parents, which offer balanced information and guidance to cope with the challenges of parenting in the 21st century.

Our aims are very simple:

- We want to increase pupils' confidence and reduce their worries about making transitions
- We want to equip parents with the knowledge and skills to support their child academically and emotionally

We evaluate the impact of all our work and provide schools with an Impact Report which can be used as a starting point to support pupils further, as well as evidence of Transition Support in the event of an ISI or Ofsted inspection.

Let us help you shine



YEAR 6 TRANSITION SUPPORT FOR PARENTS



The 2016 Transition Study conducted by University College London and Cardiff University identified that parents, as well as pupils, can find the move from Year 6 to Year 7 stressful.

As parents, we are also likely to have mixed feelings at this time. As our child becomes increasingly independent, how much should we support and how far should we step back? We want to protect without being over-protective, to promote academic success without overwhelming our child with stress.

The top five parent concerns have been reported as:

- Bullying
- Safety
- The amount of homework
- Adjusting to having lots of new teachers
- Making new friends

In addition to specialist pupil workshops, Thesan Coaching and Training offer evidence-based support for parents, informed by the latest academic and clinical research. Our aim is equip parents with the knowledge and skills to support their child academically and emotionally.



EASE the Transition: Enhancing Academic, Social and Emotional Well-Being

We address the issues which most concern parents, including:

- Anticipating and supporting my child's physiological and psychological development
- Why a 'Growth Mindset' builds resilience and how parents can support this at home to improve children's learning at school
- Research on the differing challenges for boys and girls with practical strategies on how best to support their individual progress
- Helping my child to cope with changes in the daily school routine
- Embedding effective homework routines to plan ahead for revision
- Balancing school work, extra-curricular activities and a social life

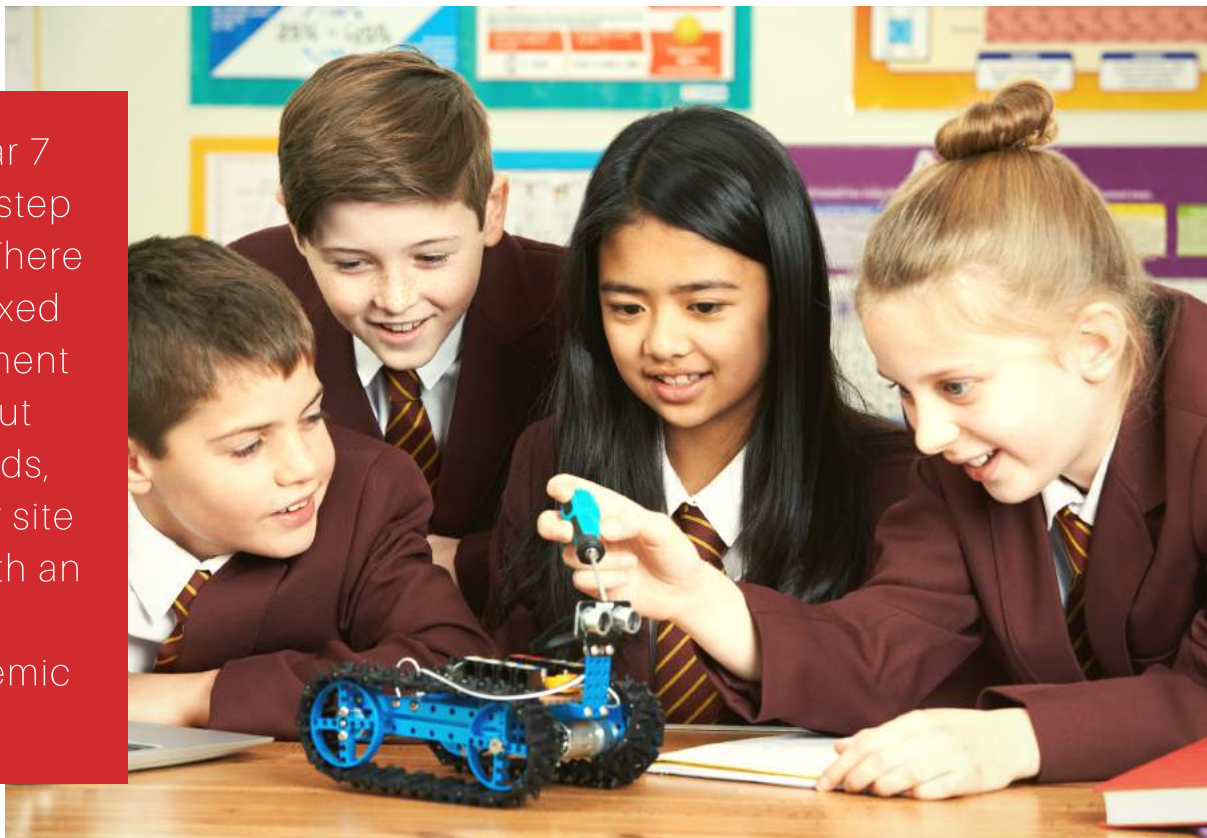
On-going Support

- Parenting in a Digital Age: A parent's guide to understanding online identity, peer pressure and power in order to create safe boundaries for our children
- Coaching, counselling and clinical psychology support available for parents, children and families



YEAR 6 TRANSITION SUPPORT FOR PUPILS

Moving up to Year 7 can feel like a big step for Year 6 pupils. There are likely to be mixed feelings of excitement and anxiety about making new friends, navigating a larger site and keeping up with an increasingly challenging academic workload.



Our aims are very simple: we want to increase pupils' confidence and reduce their worries about making a major transition. We evaluate the impact of all our work and provide schools with an Impact Report which can be used as a starting point to support pupils further, as well as evidence of Transition Support in the event of an ISI or Ofsted inspection.

Our pupil workshops are informed by the latest academic research. Specifically, we draw on the findings of the 2016 School Transition & Adjustment Research Study, conducted by University College London and Cardiff University. This study identified the issues which concern Year 6 pupils the most.



YEAR 6 TRANSITION SUPPORT FOR PUPILS

Our Transition Workshop offers pupils opportunities to explore their expectations about moving into the secondary phase in a supportive, specialist-led environment. We promote self-awareness, confidence and emotional resilience through tailored, age-appropriate activities. Imaginative, interactive workshops enable each pupil to consider how best to meet the logistical, academic and emotional challenges of life in Year 7.

Top 5 Pupil Concerns	Workshop Activities
<ul style="list-style-type: none">• Getting lost• Losing old friends• Homework• Discipline and detentions• Being bullied	<ul style="list-style-type: none">• The Day It All Went Wrong!• Friendships and Fall Outs• Think Again• The Model Year 7• Superhero Top Trumps

Pick and mix your own tailored Year 6 Transition Support for Pupils workshop from the menu of activities, or get in touch and invite us to create a bespoke workshop for your school.

On-going Support

- An Impact Report, outlining pupils' initial expectations and concerns about their forthcoming transition, as well as highlighting any on-going concerns following the transition workshops to enable timely intervention by school colleagues
- Year 7 Transition Review Workshop early in the Autumn Term to review how pupils have settled into Year 7 and support their continuing social and academic progression
- One-to-one coaching, counselling or clinical psychology support available for parents, children and families throughout the secondary phase

YEAR 6 TRANSITION WORKSHOP OPTIONS

According to the 2016 Transition Study of Year 6 pupils, conducted by University College London and Cardiff University, the top five concerns are:

- Getting Lost
- Losing old friends
- Homework
- Discipline and detentions
- Being bullied



SUPERHERO TOP TRUMPS

A creative game, followed by a design challenge, helps pupils to reflect on their existing strengths and identify skills and attitudes for development.

Promotes
Self-Esteem



FRIENDSHIPS AND FALL OUTS

Role-play and discussion in response to typical scenarios which pupils may face as they move into Key Stage 3:

- Forming friendships
- Feeling left out
- Online bullying

Promotes
Emotional Literacy



THE DAY IT ALL WENT WRONG

Pupils devise a film trailer of a disastrous day for a Year 7 pupil. This is followed by a role-play session in which they advise the pupil on how to prevent those problems in the future.

Promotes
Planning and
Organisation



THE MODEL YEAR 7

In teams, pupils build a physical model of a Year 7 pupil, including notes and useful phrases to help the pupil in his/her first week in Year 7.

Promotes:
Independence



THINK AGAIN

Fun and challenging problem-solving activities which develop the skills for emotional and academic resilience and reflection.

Promotes:
Academic
Achievement

CHOOSE AS MANY ACTIVITIES AS YOUR PUPILS NEED

One activity: after-school
session

Three activities: half-day
session

Five activities: full-day
session

GCSE TRANSITION WORKSHOP OPTIONS



THE RESEARCH REPORT

Pupils prepare a news report based on international research about how to achieve academic success

Promotes:
Diligence



KNOW THYSELF

Self-evaluation activity to help pupils identify their strengths and areas of development for resourceful learning habits at GCSE

Promotes:
Independence



DO IT OR DITCH IT

'In-tray' exercise which helps pupils understand how to prioritise their time and energy, and avoid procrastination

Promotes:
Organisation



THE RICE GAME

Pupils work in teams to make and 'sell' their wares whilst coping with unexpected challenges along the way!

Promotes:
Resilience



WAVING OR DROWNING

Pupils explore practical strategies to combat stress and promote positive self-care

Promotes:
Self-management



THE END GAME

Pupils create a board game, which enables players to progress or regress based on their attitudes and study habits

Promotes:
Determination

CHOOSE AS
MANY
ACTIVITIES
AS YOUR
PUPILS NEED

One activity: after-school session
Four activities: half-day session
Six activities: full-day session



GCSE TRANSITION SUPPORT FOR PUPILS

The step up to GCSE study comes at a pivotal stage in a teenager's development. Just as the hormones kick in, the academic pressure ramps up with the most rigorous GCSE curriculum in thirty years. Life as a teenager is perhaps more complex than ever before with increasingly conflicting demands on a young person's time, energy and resources.



We recently conducted a poll of GCSE teachers and asked them one, simple question: Which attitudes and competencies do young people need to develop for success at GCSE?

These were the top six responses:

- Independence
- Determination
- Resilience
- Diligence
- Self-management under stress
- Organisation of time, workload and resources

Alongside international educational research, we have used this teacher feedback to create our GCSE Transition Workshop. Through a variety of imaginative, pupil-led activities, we enable each pupil to consider how best to meet the logistical, academic and emotional challenges of life at GCSE and beyond.



GCSE TRANSITION SUPPORT FOR PUPILS

Our aims are very simple: we want to increase pupils' confidence and reduce their worries about making a major transition. We evaluate the impact of all our work and provide schools with an impact report which can be used as a starting point to support pupils further, as well as evidence of Transition Support in the event of an ISI or Ofsted inspection.

Attitudes & Competencies	Workshop Activities
Independence	• Know Thyself
Resilience	• The Rice Game
Diligence	• The Research Report
Organisation	• Do It or Ditch It
Self-management	• Waving or Drowning
Determination	• The End Game

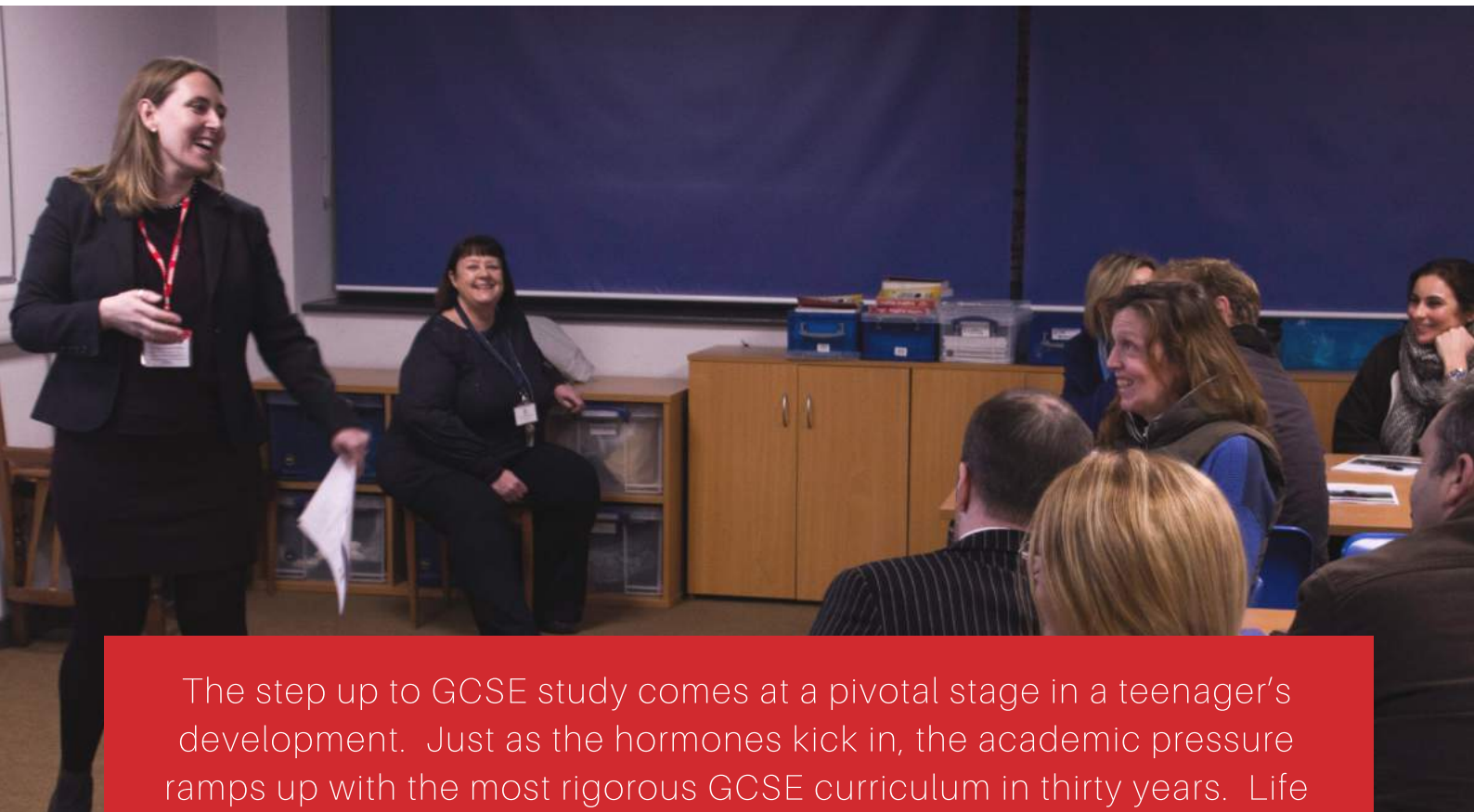
Pick and mix your own tailored GCSE Transition Support for Pupils workshop from the menu of activities, or get in touch and invite us to create a bespoke workshop for your school.

On-going Support

- An Impact Report, outlining pupils' initial expectations and concerns about their forthcoming transition, as well as highlighting any on-going concerns following the transition workshops to enable timely intervention by school colleagues
- Transition Review Workshop in the Autumn Term of Year 10 to review how pupils have settled into GCSE study and support their continuing academic and emotional progression
- Prefect Selection and Training to develop responsibility and resilience
- One-to-one coaching, counselling or clinical psychology support available for parents, children and families



GCSE TRANSITION SUPPORT FOR PARENTS



The step up to GCSE study comes at a pivotal stage in a teenager's development. Just as the hormones kick in, the academic pressure ramps up with the most rigorous GCSE curriculum in thirty years. Life as a teenager is perhaps more complex than ever before with conflicting demands on a young person's time, energy and resources.

As parents, we are also likely to have mixed feelings at this time. As our child becomes increasingly independent, how much should we support and how far must we step back? We want to promote academic success without overwhelming our child with stress. We need reliable guidance to help us anticipate and respond to whatever challenges our child might face on the GCSE journey.

In addition to specialist pupil workshops, Thesan Coaching and Training offer evidence-based support for parents, informed by the latest academic and clinical research. Our aim is to equip parents with the knowledge and skills to support their child academically and emotionally.



EASE the Transition: Enhancing Academic, Social and Emotional Well-Being

We address the issues which most concern parents, including:

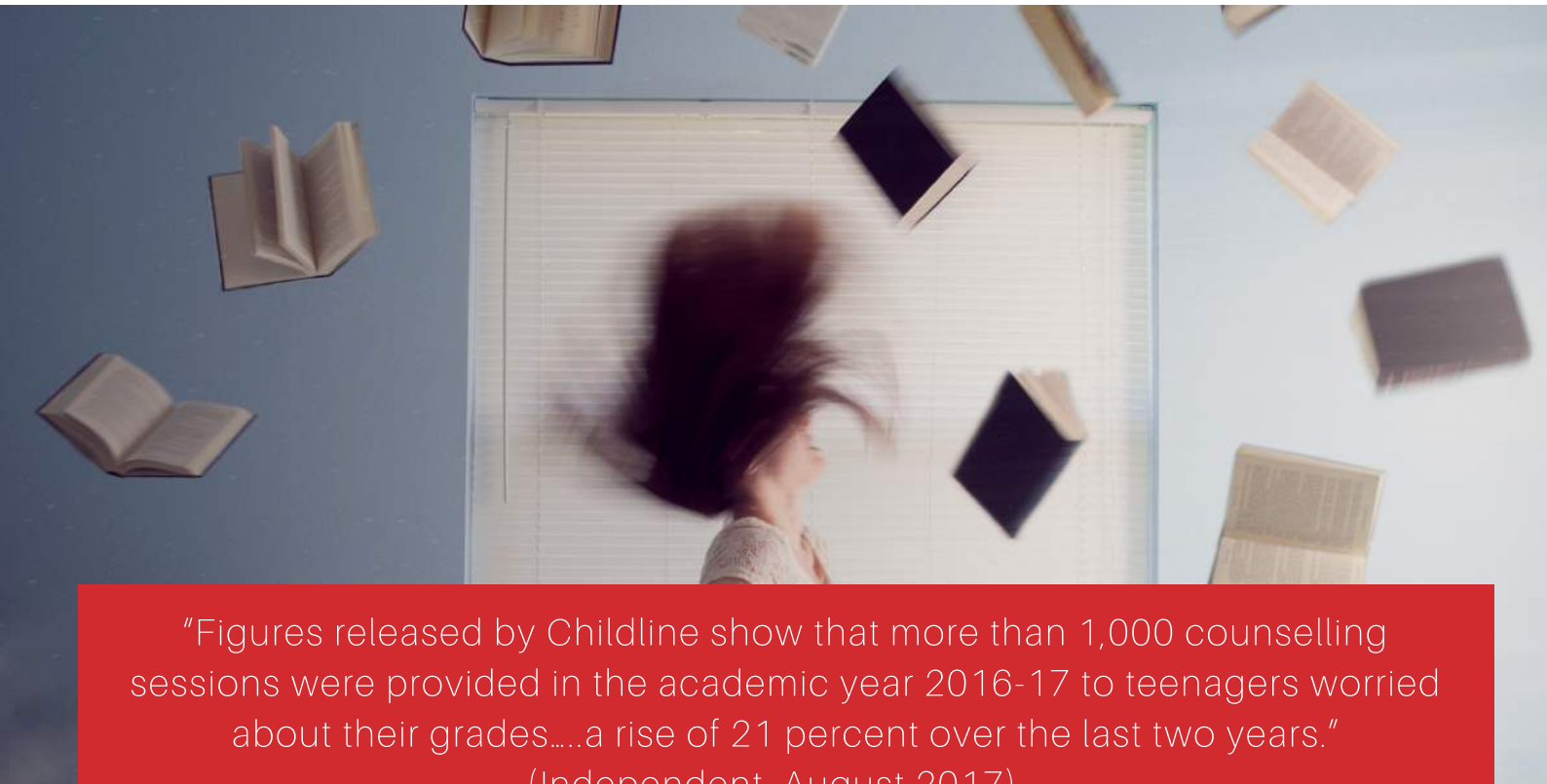
- Anticipating and supporting my child's physiological and psychological development
- Why a 'Growth Mindset' builds resilience and how parents can support this at home to improve children's learning at school
- Research on the differing challenges for boys and girls with practical strategies on how best to support their individual progress
- Embedding effective study routines and planning ahead for revision
- Coping strategies to minimise exam stress
- Balancing school work, extra-curricular activities and a social life

On-going Support

- Parenting in a Digital Age: A parent's guide to understanding online identity, peer pressure and power in order to create safe boundaries for our children
- Coaching, counselling and clinical psychology support available for parents, children and families



REVISION AND EXAM STRESS SUPPORT FOR PUPILS AND PARENTS



"Figures released by Childline show that more than 1,000 counselling sessions were provided in the academic year 2016-17 to teenagers worried about their grades.....a rise of 21 percent over the last two years."
(Independent, August 2017).

Whether your pupils are about to take their **Common Entrance examinations**, **GCSEs** or **A Levels**, the stakes are high. Exam results can impact a child's future academic or career pathway, as well as influencing their self-esteem.

We provide a comprehensive support service for pupils, parents and school staff to ease the pressure of exams and enable pupils to do their very best whilst managing stress.

Our specially tailored workshops are geared to the examination level your pupils are facing. Pupils from Cundall Manor School, North Yorkshire have described the workshops as "fun and interactive". "They really helped with my revision techniques and with knowing how to cope with stress."

Parents have described the seminar as "well delivered, useful information with advice on how to support your child" and "well structured, child focused, easy to understand."



PUPIL WORKSHOPS



THE REVISION JIGSAW

Pupils will explore academic and psychological research regarding Growth Mindset and motivation, memory and organisation, plus high impact revision strategies, such as meta-cognition.

This workshop can be tailored to suit the needs of younger pupils preparing for Common Entrance examinations, as well as for older students preparing for GCSE and A Level examinations.



THE STRESS DOCTOR

Pupils will explore the causes and symptoms of stress, as well as trialling a variety of stress management strategies on which they can draw during the revision and examination period.

This workshop can be tailored to suit the needs of younger pupils preparing for Common Entrance examinations, as well as for older students preparing for GCSE and A Level examinations.

PARENT SEMINAR



SUPPORTING YOUR CHILD WITH REVISION AND EXAMS

This Parent Seminar introduces the concept of Growth Mindset. It provides practical strategies to support effective revision at home. We include advice on how parents can support their children to recognise and manage stress in order to promote emotional well-being throughout the revision and examination period.

We provide an opportunity for parents to pose questions to our Academic Director and Consultant Clinical Psychologist about how best to support children, academically and emotionally.

Every Parent Seminar is accompanied by a handout containing practical strategies for parents to use at home.



PARENTING IN A DIGITAL AGE

The speed at which technology is developing means that, in some respects, our children's childhood is almost unrecognisable from our own. According to the 2015 Ofcom report, *Children and Parents: Media Use and Attitudes*, 11-15 year olds spend an average of over seven hours per day using media and communications devices.



By the time children reach the age of 16, the average daily media usage is almost nine hours. This is the reality for our young people. We have to acknowledge that social media is a powerful tool for them to communicate their voices, just as it is for us.

However, some parents with whom we have consulted have spoken of feeling “in the dark”, “disconnected”, even “terrified” of the online world which their children inhabit. A repeated concern is that children are now able to access materials which are far from age-appropriate; or be targeted by online communities which do not prioritise children's psychological well-being or physical safety.

In the high-stakes environment of social media, parents need reliable, balanced information and solution-focused support. Thesan Coaching and Training offers evidence-based support for parents, informed by the latest academic and clinical research. Our aim is to equip parents with the knowledge and skills to support their child throughout the teenage years in both the physical and virtual world.



Parenting in a Digital Age

A parent's guide to understanding online identity, peer pressure and power

- How teens operate online – personal identity, friendships and communities
- What are they doing online – Snapchat, Instagram, gaming and more
- Acknowledging the impact of social media on psychological health and well-being
- Understanding adolescent risk-taking in order to develop resilience, independence and responsible use of social media
- Equipping our children to recognise and report serious risks, such as grooming and recruitment by extremist groups
- Creating safe boundaries with our children for screen time and online activity

On-going Support

- Year 6 Transition Pupil Workshop and Parents' Support Seminar
- GCSE Transition Pupil Workshop and Parents' Support Seminar
- Coaching, counselling and clinical psychology support available for parents, children and families



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