



# 6 Week Personal Development Program

For Schools



# OUR SIGNATURE PROGRAM

This course is a first of its kind designed to create and to encourage peer support amongst young people. Mental health and wellbeing has always been a sensitive subject for teachers and parents to encourage young people to be open about.

In today's world, young people feel more under pressure and struggle to self-regulate their feelings and emotions. The expectations they have for themselves, as well as the pressure of fitting in, growing up and planning a future can make it difficult for them to cope. Young people learn everything from Maths, English to Science and Geography. Who teaches young people, to learn how to deal with bereavement, family break up, relationship breakups or bullying?

## KEY OBJECTIVES OF THE PROGRAM

**A new six week project designed for support 10 young people aged 13-18 to understand their feelings, emotions and also to learn new coping strategies for:**

- Anxiety
- Depression
- Stress
- Relationship and family breakdowns
- Social exclusion
- Negative behaviour
- Bullying
- Improve mental health
- Improve wellbeing
- Build confidence and self esteem
- Managing stress and pressure

**"The aim of the program is to encourage and create a safe environment for young people"**



## OUTCOMES

Expected outcomes



- Learn to build confidence and social skills
- Leave with a new sense of motivation and a boost of inspiration
- Encourage to see the world from a fresh perspective and to be open about feelings and emotions
- Have an objective and non-judgemental view on mental health
- To learn how to handle emotions and feelings
- To give the opportunity to talk in a safe environment about mental health
- Learn about relationships and how to form positive friendships
- Set new goals for self-improvement
- Be supportive to others

## THE PROGRAM

Over the six weeks, two trained counsellors will offer new skills for 10 young people to use such as:

- Mindfulness Practise
- Emotional Freedom Technique (EFT)
- CBT Changing negative thoughts, thinking biases
- Personal centred approach
- Listening skills and offering support to peers
- Managing stress and pressure

## THE PERSONAL DEVELOPMENT PROGRAM IN ACTION

### Testimonials from the Students

" It's given me a chance to make new friends and for people to actually understand me and who I am "

" This gives me a safe space to talk about my problems. At first I was nervous but I enjoyed coming to the sessions and talking "

" Home life is hard. My parents argue. I thought it was only me and my family going through this. Talking to others has made me see that I'm not on my own "

" I have learnt how to understand my feelings and also what worries me and how I can deal with it rather than push it away and ignore it. "

Every group session will last 1 ½ hours.

The last 30 minutes will be open talking for the young people to discuss sensitive subjects where they will be supported by the counsellors to be open about feelings and emotions.

We understand the importance of measurable outcomes and therefore evaluate the progress of the students at the beginning and end of the program. Should they need support after the session we can offer a 1-2-1 counselling session to support them.

Bosworth Academy, Leicester has run this program with huge success that they are running it again.

### Testimonial from the School

**Jane Alexander**

**Pupil Premium Champion of Bosworth College says:**

“ **My Solution Wellbeing** offered our disadvantaged students a safe space to discuss problems or worries.

Many of these were issues they had never told anyone else about and the group dynamic created by Gurbinder and Mindy helped give students the confidence to express themselves.

They helped students work through solutions to their problems and manage their emotions surrounding them.

Students felt so positively about their experiences in the group, they have repeatedly asked me if they can do it again.

I would thoroughly recommend this experience for students with any emotional social or behavioural issues.

My Solution Wellbeing have started the program for the second time in this Academy for students.



## OUR CONTACT DETAILS

Find us!



[www.mysolutionwellbeing.com](http://www.mysolutionwellbeing.com)



mysolutionwellbeing



0116 4030092



mysolutionwellbeing

## THE COST

More Information

The Price of the 6 week Program is £1200

Total Number of Students per program: 10 students

This works out as £120 per student per program (**Only £20 per student per session**)

Each session is 90 minutes

All materials and worksheets will be provided by My Solution Wellbeing.

The course is recommended to be delivered 4 times over the academic year.

## OUR WELLBEING TEAM

Meet the brains behind this wonderful program!



Gurbinder  
Singh



Vimi  
Seewooruthun



Mindy  
Dhaliwal



Carmela  
Armstrong