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Life Coaching At Ellesmere

Ellesmere College is now able to offer students individual life coaching.

What is life coaching?

Coaching is used widely in business, sport and personal development. It is a solution focused, forward focused set of tools which seek to build success, strengths and resilience. It fosters increased self-awareness, well-being, independence and confidence.

The sessions could include teaching students skills from Transactional Analysis (TA), Neuro-linguistic Programming (NLP), coaching, reflection, mindfulness, yoga and Cognitive Behaviour Therapy (CBT) with the intention that they can then use the tools to help themselves. The coach asks questions, challenges self-limiting beliefs and encourages behaviour change and acceptance in a supportive and nurturing environment.

What could students seek life coaching about?

1. Covid-19 and the changes it has caused.
2. Mindfulness calming strategies.
3. Time management.
4. High performance and motivation.
5. Stress.
6. Applications and interview preparation.
7. Career planning.
8. Assertiveness.
9. Self -esteem.
10. Confidence.
11. Motivation and procrastination.
12. Sleep and relaxation.
13. Self-care and well-being.
14. Communication skills.
15. Working with conflict.
16. Building successful relationships.
17. Mindful exam preparation.
18. Concentration and focus.
19. Self-management and awareness.



Ellesmere

A 7 – 18 Coeducational School

Sessions last either 1 hour (£60) or half an hour (£30) and will take place online via TEAMS. Cameras will not be used by either the client or the coach and sessions will not be recorded. Sessions may take place outside of school time if this suits the client and the coach. Meetings will be scheduled on the calendar on TEAMS which will be visible to the Sisters and other members of the well-being team; only the coach and the student's name will show. There will be a charge for cancellations at short notice.

Sessions will be confidential except for:

1. Any issues which alert the coach that the student is at risk of harm, suffering actual harm or is at risk of causing harm to another person.
2. If the coach feels that they are not the best person to fully support the student and wishes to suggest other lines of support.
3. A one line summary of the session which would be agreed with the student and would be shared with other staff who are supporting and working with the student.

Who is the coach?

Julie Leoni is a fully qualified life coach who is insured, supervised and a member of the [National Council of Psychotherapists](#). She has coached young people and staff in schools for many years and has delivered training and workshops on emotional intelligence across the country. You can find out more about her at www.julieleoni.com.

Please feel free to contact us with any questions you may have about the coaching process.

If you are happy for your son or daughter to access coaching in school, please complete the following consent form with your child.

Kind regards,

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www.ellesmere.com

A Woodard School

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Consent Form

We have understood what we have read above. We have been given the opportunity to ask any questions.

We understand and consent to the limits of the confidentiality.

We agree and consent to paying £60 for an hour or £30 for half an hour and understand that cancellation at short notice will be charged for.

We understand and consent to sessions taking place online via TEAMS and that cameras will not be used by either the client or the coach.

We understand and consent to sessions not being recorded and that sessions may take place outside of school time if this suits the client and the coach.

We understand and consent to the meetings being scheduled on the calendar on TEAMS which will be visible to the Sisters and other members of the well-being team; only the coach and the student's name will show.

We understand that, in order for change to take place, my son or daughter needs to be committed to making a positive difference to their life and to changing their behaviours and thoughts.

Parent name _____ Parent signature _____

Child name _____ Child signature _____

Date _____

To be returned to Sisters at Sick Bay who will make arrangements for appointments:
sisters@ellesmere.com