

GROUP WORKSHOPS WITH RESILIENT FUTURES COACH



*Previously
worked with*



*Empowering young
people to thrive through
life with confidence &
resilience.*

With Jon Nottingham

TEENS CONFIDENCE COACHING

- **Around 1 in 6 children aged 5 to 16 were identified as having a probable mental health problem as of July 2020 (1)**
- **66% of teenagers report not getting enough sleep (2)**
- **Less than 10% of British teenagers meet the recommended guidelines for sleep, exercise and screen time (3)**

My programme and resources have been created from a combination of CBT & NLP informed research and my 10 years of working in the education sector in wellbeing, as teacher, student support & mentor.

My goal is to get to know your teen's needs by working together to create an exceptional service that makes a difference in their future.



The areas of focus include:

- **identity**
- **values and beliefs**
- **creating goals and achieving them**
- **emotional regulation**
- **social development**
- **habits**
- **routines & time management**
- **mindfulness & other wellbeing techniques**



AIMS

I want teens to develop:

RESILIENCE

The ability to take on challenges throughout all domains of life and when they fail or fall, have the drive to get back up and keep moving forwards. Building their understanding that success does not happen without failure.

WELL BEING

Understand the "real" meaning and purposes of stress, anxiety, overwhelm and depression that they may not have been taught in school or at home. That when understood & practiced they will have the tools to grow through and not suffer from!

CONFIDENCE

To act on purpose and reduce worry about what others think of them. I want them to be the main character in their movie. It is paramount that teens can identify with themselves in a healthy manner. When they discover who they are, why would they ever choose to be put down by others again?

EMOTIONAL REGULATION

Emotion regulation is the ability to manage our emotions. Emotions are closely connected to how we think and feel, and therefor how we react and behave. Learning to recognise our emotions allows us to instead of acting impulsively and maybe doing something we might later regret we are able to make smart choices.

HEALTHY HABITS

Adopting new healthy habits and making them stick is hard! I introduce teens to a variety of methods to use to build consistency and to also remove bad habits.

...AND MANY MORE



WORKSHOPS

RESILIENT FUTURES

Introduction to resilience,
personal identity and values

Strategies to develop resilience,
competence and confidence

EMOTIONAL FUTURES

Exploring emotional regulation,
and why is it important for teens

Strategies and practices to
implement

HEALTHY FUTURES

Covering the main components
of a healthy lifestyle

Strategies to improve physical
and mental health

SUCCESSFUL FUTURES

G.R.E.A.T - a process for creating
and achieving goals

Explore and the power of positive
imagery and creating a vision for
the future

WORKSHOPS ARE USUALLY 60-90 MINUTE SESSIONS INCLUDING BOTH MIND AND PRACTICAL TASKS.

ALL THESE TOPICS CAN ALSO BE CONDENSED IN TO AN ASSEMBLY

IF YOU HAVE ANY SPECIFIC REQUIREMENTS OR REQUESTS PLEASE GET IN TOUCH SO WE CAN CREATE A TAILORED FOR YOUR GROUP



"The Young Carers really enjoyed their session with you and they said they would love to have you back. They said you were really friendly and kind"

Bridgend Young Carers

"Since doing the coaching sessions she is thinking through things more. The most valuable outcome is she is more confident in setting goals and working towards them. I would recommend coaching to other parents. The sessions encourage your child to think things through, be more confident and develop a more positive mindset. Thank you so much, Jon. I will be in touch to book more sessions soon!"

**A. Clarke
Parent of 1-to-1 client**

Get your FREE discovery call booked in today



Jon Nottingham

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