



Sr. E Davies, Sr. K Tommy, Sr. J Howard, Sr. C Hinton, Sr S McGrath  
Medical Centre, C/O Sick Bay  
Tel: 01691 626529

20<sup>th</sup> March 2023

Dear Parent,

## Coaching At Ellesmere

Ellesmere College continues to offer students individual life coaching.

### What is 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, somatic awareness 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 coaching about?

1. Covid and the changes it has caused.
2. Loss and bereavement.
3. Change.
4. Mindfulness calming strategies.
5. Time management.
6. High performance and motivation.
7. Stress.
8. Motivation.
9. Applications and interview preparation.
10. Career planning.
11. Assertiveness.
12. Self-esteem.
13. Confidence.
14. Motivation and procrastination.
15. Sleep and relaxation.
16. Self-care and wellbeing.

Ellesmere College, Ellesmere, Shropshire SY12 9AB

Tel: 01691 622321 Fax: 01691 623286

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

*A Woodard School*

*Registered Charity number 1103049*

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17. Communication skills.
18. Working with conflict.
19. Building successful relationships.
20. Mindful exam preparation.
21. Concentration and focus.
22. Self-management and awareness.
23. Anxiety.

Sessions last either one hour (£68) or half an hour (£34). Parents and guardians will be billed through the College. Sessions will take place in sickbay. There will be a charge for cancellations without 24 hours' notice.

Sessions will be confidential from everyone, including parents, guardians and School staff 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.

### Who is the coach?

Julie Leoni (PhD) is a fully qualified life coach who is an insured and supervised member of the [National Council of Psychotherapists](#).

### She is an ICF accredited coach with PCC credentials.

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](http://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 and return to [sisters@ellesmere.com](mailto:sisters@ellesmere.com).

Should parents or guardians be interested in having life coaching themselves, they should contact Dr Leoni directly through her website above. All contacts made in this way will remain confidential from Ellesmere College and sessions will be carried out over the phone or via Zoom.

Yours sincerely,

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## Consent Form:

We have read and 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 £68 for an hour or £34 for half an hour and understand that cancellation at short notice will be charged for.

We understand and consent to sessions taking place in sickbay.

We understand and consent to sessions not being recorded.

We understand and consent to the meetings being known to the Sisters and other members of the well-being team; only the coach and the student's name will show.

We understand there will be a charge for cancellations at short notice.

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 \_\_\_\_\_