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Ellesmere

A 7 – 18 Coeducational School

24th November 2020

Dear Parent,

Life Coaching at Ellesmere

Ellesmere College continues to offer students individual life coaching online through TEAMS. This means that your son or daughter can continue to access support throughout the weekends and holidays, as well as if their attendance is affected as a result of Covid.

What is Life Coaching?

Life 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?

Covid and the changes it has caused.
Mindfulness calming strategies.
Time management.
High performance and motivation.
Stress.
Motivation.
Applications and interview preparation.
Career planning.
Assertiveness.
Self-esteem.
Confidence.
Motivation and procrastination.
Sleep and relaxation.
Self-care and well being.
Communication skills.
Working with conflict.
Building successful relationships.



Mindful exam preparation.
Concentration and focus.
Self-management and awareness.
Anxiety.

Sessions last either one hour (£60) or half an hour (£30). Parents and guardians will be billed through the College. Sessions will take place online via TEAMS. Cameras will not be used by either the client or the coach. Sessions will not be recorded. It is possible for parents and guardians to have a twenty minute phone call with the coach in order to ask any questions before coaching starts.

Sessions may take place outside of school time if this suits the client and the coach. Meetings will be scheduled within the well-being TEAM which will send a notification to clients. Online meetings will be visible to the Sisters and other members of the well-being team but only the coach and the student's name will show. This means that whilst there is confidentiality, there is also transparency. There will be a charge for cancellations without twenty-four hours' notice.

Sessions will be confidential from everyone, including parents, guardians and school staff except for:

- 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.
- 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 life coach?

Julie Leoni (PhD) 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.

Should parents or guardians be interested in having life coaching themselves at this time of great change and uncertainty, 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 on the phone or via Zoom or Skype.

Kind regards,

Ellesmere College, Ellesmere, Shropshire SY12 9AB

Tel: 01691 622321 Fax: 01691 623286

www.ellesmere.com

A Woodard School

Registered Charity number 1103049

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**Life Coaching at Ellesmere
Consent Form**

We have read and understood the 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 visible to the Sisters and other members of the well-being team with only the coach's 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 the arrangements for appointments.

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