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Ellesmere

A 7 – 18 Coeducational School

Dear Parent,

Coaching At Ellesmere

Ellesmere College is now able 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 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.

What could students seek coaching about?

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

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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Sessions last either 1 hour (£50) or half an hour (£25). 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.

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.

If you would like to make a booking or require any further information please contact:

academicsecretary@ellesmere.com

Yours sincerely,

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We have read and understood what we have read above. We have been given the opportunity to ask any questions. We understand the limits of the confidentiality. We agree to pay £50 for an hour or £25 for half an hour and understand that cancellation at short notice will be charged for.

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 _____

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