

### Tower Mindset Coaching - Building Strengths, Agency & Choice

#### YEAR 7 FEEDBACK

*"I found my strengths...I realise I have a lot of strengths! It made me confident."*

#### STAFF INSET FEEDBACK

*"Really refreshing to have training that is 100% useful. Awesome!" (Heathfield School Pastoral Staff)*

### WHAT ARE THE ADVANTAGES OF HAVING A LIFE COACH ONSITE?

Coaching is different to a Counselling— an optimistic, energetic, practical way to focus on tools for solving problems, keeping attention on outcomes ('what we WANT') and developing life-long self-awareness.

Students (and Staff) learn they have *strengths, agency, and choice*.

My Coaching engages clients using talk therapy, games/play, visual tools and movement – depending on the needs of the individual. I am qualified in diverse disciplines.

Receiving referrals to from SENCO, tutors, SLT, I provide part of an integrated solution-process for parents, staff and students, because behaviours are targeted in-the-moment, at a deeply personal level.

Life Coaching addresses problems before they become major issues. When students feel better they manage better.

Life Coaching is a uniquely positive marketing message and indicates school commitment to Wellbeing.

### WHAT SERVICE CAN I OFFER TO YOUR SCHOOL?

**Onezone Life Coaching for students** - Year 4 upwards. (see topic list overleaf)

**Onezone Life Coaching support for staff** – Teachers, managers, administration, support staff. (see topic list overleaf)



**Workshops (students)** – whole year groups or targeted groups, one-off or year-long (e.g. prefects, sports scholars, Ambassadors, SEN). (see topic list overleaf)

**Workshops (adults)** – large or small groups, whole-school inset to smaller pastoral teams. (see topic list overleaf)



#### HEADTEACHER TESTIMONIAL

*"She just "gets" children, and they just love her input too.....She helps staff understand why some children behave or react the way they do.....She made a significant impact to the lives of all children; and was simply transformational for some!"*

*".....As part of our "wellbeing" team Jen was absolutely integral. Working with whole years, small groups or one to one, she really gives children practical strategies they can implement from day one."*

#### WHO AM I?

My name is Jenny Tower. I am an ex-teacher (Director of Sport), and a qualified Life Coach. I have a successful private practice (East Grinstead) and work in local schools.

24 years as a teacher, I understand the dynamic, varied, and sometimes unpredictable nature of schools. I am self-starting and provide a highly professional service that adds Wellbeing-value to schools.....



#### HOW TO CONTACT ME:

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## PARENT TESTIMONIAL (Year 8)

*"Thank you....My son feels you have helped him in many ways...prepare for interviews....revise....understand motivations/what is important to him...leaving him feeling more confident and less anxious. As parents we feel able to understand him better...and help him with situations....Life Coaching has been great for D."*



### Onezone Life Coaching for students - Year 4 +

**Topics** such as: anger; assertiveness; body image; kindness; change (schools/divorce); concentration/focus; confidence; conflict; conversations; emotions; energy management; exams; failure & perfectionism; goal setting; grief; growth mindset; memory; negative/positive thinking; neurodiversity; parents & siblings; relationships; self-regulation; sleep; social anxiety; speed spelling; strengths; teenagers; values.

**Workshops (students)** – whole year groups or targeted groups (e.g. prefects, sports scholars, SEN).

**Topics** such as: Understanding self/others; self-esteem; managing performance anxiety; confidence; managing failure/bouncebackability; interview technique; mentoring other students/buddy programmes; moving on; sport mindset; breathwork and laughter, ...and many more

### TA FEEDBACK TO HEADTEACHER

*"I just wanted to personally let you know how valuable I felt the Exam Talk was that Jenny gave—particularly for the children I work with I noticed a significant difference in their attitude from last year along with a calmness. I used the techniques shown with MY children and feel it was extremely beneficial."*

### WHO HAVE I WORKED WITH?

Coaching and workshops (staff/students) at: Copthorne Prep, CATS Cambridge, Bellerby's Cambridge, Heathfield Ascot, St. Piers, Woldingham School, Ardingly, Lingfield College, Dunottar, Surrey Netball, News UK, Chartham Park, CLFS, Priorsfield, Epsom College, Wimbledon High School, Sackville, Newhall, Westminster Abbey Choir School.

### WHAT ARE MY COSTS?

Costs are dependent on the service offered. As a peripatetic I can work on an hourly, termly, yearly basis. I can also work/invoice directly with parents.

**Onezone Life Coaching support for staff** – Teaching, managers, administration, support staff.

**Topics** such as: managing stress; performance/appraisal goals; understanding student behaviour/motivations; working better with colleagues/parents, conflict; personal needs, stress management, career management.

**Workshops (adults)** – large or small groups, from whole-school inset to smaller pastoral teams.

**Topics** such as: better questioning & listening for optimal learning/understanding; having effective conversations (with students/colleagues); Clean Language—the most useful thing you will ever learn; understanding & managing different personalities/behaviours (DISC); understanding your child.

