

Information booklet

Course & workshop guide

2024/25



Copyright © 2024 StriveHub Limited. All rights reserved.

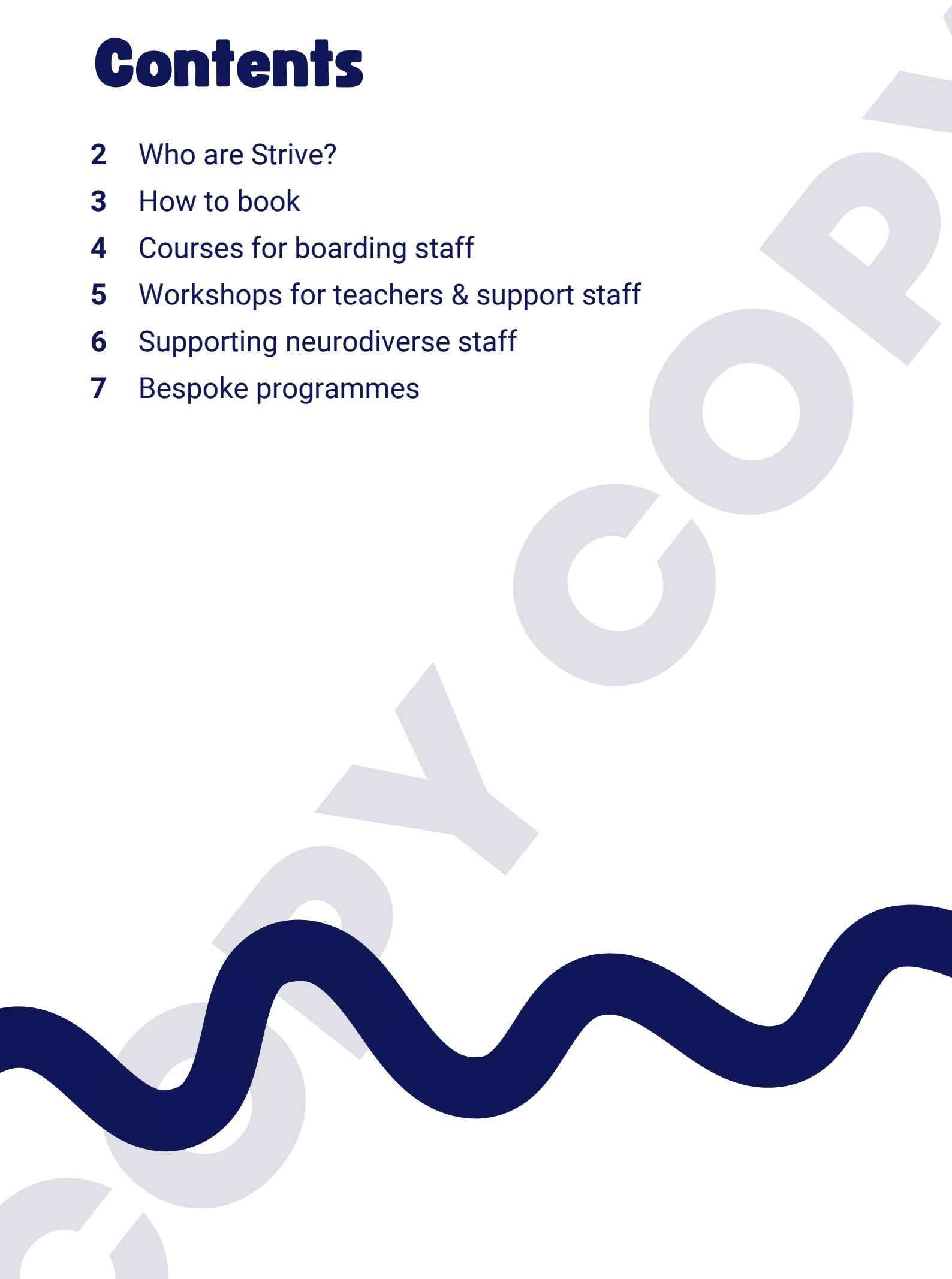
Printed in the United Kingdom. Except as permitted by United Kingdom's Copyright, Designs and Patents Act of 1988, no part of this publication may be reproduced or distributed in any form or by any means.

We invite you to use our material when working one-to-one or in group settings with your employees. Using StriveHub's material or intellectual property in order to train others requires written permission from StriveHub.

STRIVE

Contents

- 2 Who are Strive?
- 3 How to book
- 4 Courses for boarding staff
- 5 Workshops for teachers & support staff
- 6 Supporting neurodiverse staff
- 7 Bespoke programmes



Who are Strive?



We are Emily Lanigan and Sal Uddin, Executive Function coaches with over 30 years combined experience in education and mental health support.

We founded Strive to allow us to provide comprehensive coaching programmes to children, young people and their families. Throughout our extensive careers and personal experiences, we have continually noticed a missing link in the support available for school and college aged young people.

To provide more support, we set out on a mission to engage schools and parents in in-depth coaching targeted at young people aged 18 and under. We have worked with schools, mental health professionals and fellow coaches to develop a bespoke 3-stage executive function coaching programme, and multiple courses to support staff.

We believe that every young person has it within them to succeed, but we also understand that some may need a bit of assistance in realising their own greatness. Our coaching is designed to harness the strengths and skills of the coachee, whilst simultaneously developing their executive functions and providing an extremely solid foundation for moving forward throughout their teenage and adult life.

No two people are the same, and this is a principle that underlies everything we do. All programmes and workshops are tailored to suit the need of individuals, and coaching is a process in which the coach and coachee work together to inspire progress based on personal goals.

This guide outlines the available courses for school staff.



www.strivehub.co.uk



info@strivehub.co.uk

Company number:
15212514

How to book a course with us

We are very much looking forward to visiting your school and working with your staff to develop their understanding of neurodiversity.

You can email us at info@strivehub.co.uk to book in or request more information about one of our courses. We aim to reply to all emails within 1 business day.

As you look through this guide, you will notice that each course has a course code. When contacting us to book, **please state the code for your desired course clearly in the subject line of your email.**

If possible, when you are booking a course with us, let us know how many members of staff will be attending.

All courses commence at a base rate of £625.

For tailored pricing discussions, we kindly request estimates of attendee numbers. Group sizes are categorised as follows:

Small: 1-5 attendees

Medium: 5-15 attendees

Large: 15+

Whole school delivery is available on selected courses, but we must emphasise that smaller group sizes tend to be more effective. As such, we would recommend block booking the same course across multiple days, to allow for higher staff attendance. Discounted rates are available for this option.

Every course includes access to our resources and can include ongoing support from a Strive coach if desired.

Should our existing courses not align with your school's requirements, we welcome discussions regarding bespoke course arrangements. Our flexibility ensures tailored solutions to meet the unique needs of individual schools (course code **BSP01**)

Courses for boarding staff



Strive aim to involve the parents within the coaching process, as this often leads to much better outcomes for the young people receiving our services. When in a residential school, the house parents, matrons and boarding staff are just as valuable as parents. We believe the parental support offered should be extended to these staff members.

Through the following courses, boarding staff will learn to support neurodiversity within the house, and develop a thorough understanding of how executive functions can impact on all areas of a child's life.

Supporting executive dysfunction within the boarding house

Course code: XA001

Aim: To provide a comprehensive understanding of how best to support students with executive dysfunction within the boarding environment.

Course content overview:

- A deep dive into executive functions and what executive dysfunction can look like
- Developing strategies to assist young people to manage executive dysfunction throughout their school years
- Understanding the impact of executive dysfunction on school work, home and social life

Course length: 2 hours

Understanding ADHD: Supporting students to thrive

Course code: XA002

Aim: To develop an understanding of what ADHD is and in particular, how to meet the needs of ADHD students within your boarding house.

Course content overview:

- What is ADHD? A neurobiological perspective
- Recognising behaviour as communication - meeting needs
- Understanding symptoms in terms of biological, societal and trauma influences
- Creating strategies to effectively support pupils with ADHD

Course length: Full day

Understanding Autism: Effective support for pupils with ASD

Course code: XA003

Aim: To recognise the symptoms of Autism and the role the condition plays in day to day life.

Course content overview:

- Autism and communication - developing healthy strategies for interpersonal communication
- Supporting autistic students to maintain social relationships
- Recognising Autism in girls
- Acknowledging the interplay of autism, ADHD and anxiety

Course length: Full day

Workshops for teachers & support staff



Teachers and support staff play an incredibly vital role in the lives of all young people. It is particularly important that pupils with a neurodiversity or executive dysfunction have understanding and informed professionals involved in their education.

As with all of our courses, these workshops have been developed alongside SENCos, mental health professionals and coaches to ensure the content is comprehensive, up-to-date and beneficial to all schools.

Supporting executive dysfunction in the classroom

Course code: XA004

Aim: To recognise executive dysfunction and the impact it can have on a pupil's education.

Course content overview:

- Understanding what executive functions are
- Recognising executive dysfunction and how it may be presenting within the classroom
- Harnessing student strengths to improve study skills and academic independence
- Building supportive and effective strategies for managing executive dysfunction in the classroom

Course length: Half day

Looking past behaviour: Understanding communication and ADHD

Course code: XA005

Aim: To understand the ways in which students with ADHD may be communicating their needs within the school environment.

Course content overview:

- Recognising behaviour as communication
- Managing difficult behaviour and the art of redirection
- Understanding why positive praise is a prized tool in managing ADHD
- Rejection Sensitive Dysphoria - the drive for ADHD students to "just do better"

Course length: Half day

Building pupil resilience: Easy and effective coaching techniques for school staff

Course code: XA006

Aim: To assist teachers and support staff in building resilience and wellbeing amongst pupils and equip them with basic coaching techniques to carry forward throughout the school year.

Course content overview:

- What can impact on student wellbeing and resilience?
- Recognising warning signs for burnout
- Easy coaching techniques to foster resilience and self-esteem

Course length: 2 hours

Supporting neurodiverse staff



Neurodiversity does not disappear once you reach adulthood. In fact, many adults with ADHD or ASD go into teaching and education roles due to the structured nature of the job. They thrive in environments where they can think on their feet and share their knowledge.

Unfortunately, specific support often ends once neurodiverse people enter the world of work. We are looking to change this. We have developed two workshops for school staff, aiming to raise awareness of the strengths of neurodiversity but also how to manage and support the difficulties staff may be facing.

Harnessing the strengths of neurodiverse staff

Course code: XA007

Aim: To recognise the benefits neurodiversity among the staff population can bring to any school.

Course content overview:

- What neurodiversity can look like among adults and professionals
- Recognising the importance of specific neurodiversity support for school staff
- Implementing inclusive practice
- Identifying strengths in neurodiverse staff - using these strengths to benefit the entire school community

Course length: 2 hours

Fostering inclusion and supporting neurodiverse staff to thrive

Course code: XA008

Aim: To create an inclusive environment and understand how neurodiversity can affect staff within schools.

Course content overview:

- Understanding legal requirements for supporting staff with a neurodiversity
- The importance of listening to neurodiverse staff and implementing appropriate changes to practice
- How to foster a positive working environment
- Easy but effective coaching techniques for line managers of neurodiverse staff

Course length: 2 hours

A note on Access to Work

Staff with a diagnosed neurodiversity or learning disability are entitled to government funded of 1:1 coaching. Strive provides ATW coaching for those diagnosed with ADHD.

Should your staff have any questions about ATW coaching, please get in touch.

Bespoke programmes

We recognise that individual schools will have differing needs when it comes to neurodiversity training. As a result, we offer bespoke programmes which are tailored to meet the needs of student and staff populations throughout your school.

Programmes may involve specific training on ADHD, dyslexia, ODD or other conditions, or maybe even working directly with senior leadership teams to develop and implement an in-depth support programme for neurodiverse staff.

Whatever your desires, please contact us to arrange a meeting to discuss individual programmes - quoting the course code **BSP01** in the subject line of the email.

To understand more about what we do as an organisation, visit our website or email us:

 www.strivehub.co.uk

 info@strivehub.co.uk

We are more than happy to answer any questions or queries, and welcome feedback at any time.

