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# THE WISE FOR MY SIZE TRAINING ACADEMY

THE WISE FOR MY SIZE TRAINING ACADEMY IS A CPD-ACCREDITED CHILDREN'S COACH TRAINING PROVIDER.



Jac & Lorna  
Wise For My  
Size Founders

# WELCOME

to the Wise for My Size Training Academy

## Are you ready to be the change that empowers children to feel confident, resilient, and valued?

Imagine equipping the next generation with the inner resources to manage life's ups and downs, understand themselves, and thrive. Perhaps you've experienced or witnessed those struggles in others—and you know the difference a caring adult could make. Or maybe, as a professional working with young people, you've realised that the usual tools aren't enough; you want to truly connect and support them with something deeper and more impactful.

With rising pressures on mental health services, families and schools need proactive, caring coaches who can step in early, bringing tools, compassion, and the encouragement children need to grow strong and self-assured. Now is the time to shift the focus from merely reacting to building lasting mental strength, confidence, and compassion in children from the start.

**There aren't enough children's coaches ready to make this difference. We need passionate people like you to join us on this mission.**

# WISE FOR MY SIZE COACH

Wise for My Size Coach is a dynamic; six-month foundational course designed for newcomers and experienced professionals looking to expand into children's coaching.

It's ideal for those wanting to add an evidence-based, high-impact methodology to their toolkit, enabling lasting change in the lives of young people.

The program includes ten CPD-accredited foundational Modules that will build your expertise, boost your confidence in coaching, and help you stand out as a skilled children's coach. Following these modules, you'll dive into Coach Skills Development: Eight weeks of practice, mentorship, and essential coaching skills development to further refine your approach.

Whether you're building your coaching practice, or seeking to expand your professional role, this training will equip you with the tools to lead 1:1 coaching sessions, group coaching, workshops, and school-based programs, giving you the flexibility to create meaningful impact wherever you choose to go.

“ In looking to start my own business, I searched for children's coach providers that offered support and autonomy; Wise For My Size allowed just that. I have my own business and can run it with the expertise and help from the amazing Wise for My Size community”

**Karen Gunn, Wise for My Size Coach,  
Scotland**





# HOW TO BECOME A WISE FOR MY SIZE COACH

To become a Wise for My Size Coach, the following certification criteria must be met:

## **ATTENDANCE**

You are expected to attend **80%** of all live training, mentoring calls, and coaching skills development sessions.

## **CLIENT DOCUMENTATION:**

Submit all contracting and formulation paperwork for your practice clients.

## **CASE STUDIES:**

Submission of three case studies; one for each 1:1 client and one for your group – aligned with Wise for My Size coaching competencies.

## **REFLECTIVE PRACTICE**

Completion and submission of a coaching skills reflective log diary.

## **Foundational Modules**

The foundational modules combine engaging online learning with interactive live sessions, offering practical insights and tools to inspire and guide.

### **1. Introduction to Children's Life Coaching**

Discover the basics of coaching children, learning about developmental readiness, key challenges, and common pressures that impact confidence and resilience. Gain insights into when and how coaching can make a difference.

### **2. The Wise for My Size Framework**

Dive into the four pillars of the Wise for My Size methodology: self-confidence, self-esteem, self-efficacy, and self-compassion. Explore common coaching hurdles in

each area and learn the six-step Wise for My Size process that inspires growth and lasting change.

### **3. The Power of Storytelling for Empathy**

Uncover how storytelling helps children build empathy, connect with others, and understand different perspectives. Learn to use the stories in the Wise for My Size Library as a powerful way to inspire and encourage emotional connections.

### **4. My Amazing Brain: Part 1**

Help children explore the science behind their thoughts and beliefs in a way that's simple, engaging, and easy for young minds to grasp.

### **5. My Amazing Brain: Part 2**

Teach children about a growth mindset and how to embrace possibilities on the journey towards their Big Dreams. Encourage curiosity and confidence as they set and pursue meaningful goals.

“ Since signing up to train as a Wise for My Size coach, I have not looked back. The training was pitched perfectly, with lots of support and guidance along the way”

Wendy Miller, Wise for My Size Coach,



### 6. Understanding Worry: The Four Types

Help children identify the four common types of worry and equip them with practical strategies to manage and move past their worries, nurturing confidence and resilience.

### 7. Self-Regulation and Resilience

Guide children to recognise and manage their emotions, energy, and sensory preferences while developing self-awareness and emotional resilience through practical, calming strategies.

### 8. The Power of Self Talk

Show children how to create a positive inner voice, using encouraging self-talk to boost self-esteem, support good behaviour, and build a nurturing mindset.

### 9. Learning from Mistakes and Resilience

Equip children with tools to navigate life's ups and downs, teaching them to learn from mistakes, grow resilience, and build the self-belief needed to keep trying.

### 10. Setting the Coaching Path

Learn to establish a strong coaching foundation by setting clear goals, defining focus areas, and building trust with each child. Discover tools like the life wheel and formulation techniques to identify growth opportunities, paving the way for a successful practical experience.

## Coach Skills Development

This eight-week hands-on phase of your training focuses on applying essential coaching competencies in real-life settings. You'll gain confidence, hone your skills, and deepen your understanding of coaching children in 1:1 and small group settings.

To build lasting coaching expertise, you'll engage in live coaching, guided practice, and collaborative peer mentorship each week.

## Practical Coaching Requirements

In the practical coaching phase, you'll gain valuable experience by working with real clients, including:

Coaching two 1:1 client's

Facilitating one small group of up to four participants

# Weekly Mentoring Calls

Each week, you'll join a pod of (group of four to six) fellow coach trainees in a supportive, mentor-led call. These mentoring calls are a safe, supportive space to bring questions from your 1:1 and group coaching sessions for collaborative discussion, feedback, and guidance.

These sessions provide invaluable peer support and the chance to reflect on your practical experiences, whether guiding a child and their supportive adult through an eight-week coaching program or leading a group through transformational growth.

## Coaching Skills Practice

### Coaching Skills Practice 1: Crafting Your Coaching Approach

Discover what it takes to be an impactful children's coach by developing your unique coaching style rooted in ethical practice, confidentiality, and integrity. Explore the essentials of children's coaching, including how it differs from adult coaching, and learn the importance of creating a welcoming, inclusive space.

### Coaching Skills Practice 2: Building Trust-Based Relationships

Build strong, trust-filled relationships through active listening, paraphrasing, and mirroring techniques, understanding verbal and nonverbal cues, adapting to each child's communication style, and using supportive silence; you'll become adept at creating a safe and comfortable coaching environment.

### Coaching Skills Practice 3: Mastering Coaching Frameworks for Success

Discover the essential coaching frameworks that help guide powerful, structured conversations with children and their grown-ups and the dynamics of group coaching.

### Coaching Skills Practice 4: Coaching with the Fun Factor

Explore why children learn best through play, the types of play that enhance coaching, and how to introduce fun in ways that engage young minds, encourage exploration, and build self-confidence. Rediscover your own curiosity and joy to bring the power of play into your sessions.

### Coaching Skills Practice 5: The Art of Powerful Questioning

Master the craft of asking open and closed questions tailored to different coaching objectives, such as goal setting, clarification, and decision-making. Learn to provide sensitive feedback, offer authentic encouragement, and manage the triad dynamic when coaching both a child and their parent together.

### Coaching Skills Practice 6: Managing Self and Cultivating Coaching Presence

Develop your ability to stay fully present and responsive in each session. This module focuses on building self-awareness, maintaining emotional regulation, and cultivating a strong sense of coaching presence to meet the unique needs of every child.

### Coaching Skills Practice 7: Goal Setting and Maintaining Momentum

Equip yourself with child-friendly goal-setting techniques, strategies to overcome barriers, and ways to celebrate milestones and wins. Discover how to keep young clients motivated, handle resistance with care, and encourage steady progress toward their aspirations.



### **Coaching Skills Practice 8: Empowering Growth and Resilience**

Explore strategies that support a child's journey toward resilience and self-reliance. Cover topics like fostering self-belief, teaching problem-solving skills, and building a child's ability to overcome setbacks – creating a foundation for lifelong resilience.

### **Coaching Skills Practice 9: Celebrating Success and Launching Your Coaching Practice**

Wrap up your training by celebrating your journey, reflecting on your growth, and planning for continuous professional development, maintaining those high standards. Develop a plan for getting your first five clients with powerful testimonials. Leave with the confidence, clarity, and actionable insights to make a meaningful impact from day one.

### **Bonuses to Support YOU and YOUR Business:**

- Find Your Niche training
- Getting into school training with Cerys Keneally
- Getting your Business set up. Legal Training with Orchard Legal
- Class 4 Kids Training that supports group enrolment and organisation.
- Quarterly Strategic Business planning days – Working **ON** your business, not **IN** your business!
- Ticket to the Annual Wise for My Size Coaches Conference.



# WISE FOR MY SIZE ADVANCED COACH

Aimed at those wanting to excel in their practice, Wise for My Size Advanced Coach is a transformative, year-long journey designed for dedicated practitioners ready to make a profound impact.

Building on the foundational skills of the Wise for My Size Coach Training, this program offers six additional months of specialised training, mentorship, and hands-on experience.

By exploring complex topics like neurodiversity, social dynamics, learning challenges, and age-specific coaching, you'll gain the knowledge and confidence to support children through life's toughest challenges with deep empathy and expertise.

“ Becoming a Wise for My Size coach has been incredibly fulfilling. I love the flexible structure - it works perfectly as-is or as a framework to blend with other tools I use. Lorna and Jac have been an endless source of support and guidance and have gone over and above to help me achieve what I want to with the programme”

Helen Mulligan, Wise for My Size Coach





# HOW TO BECOME A WISE FOR MY SIZE ADVANCED COACH

To complete your Wise for My Size Advanced Coach Certification, the following criteria must be met:

## **ATTENDANCE**

You are expected to attend **80%** of all live training, mentoring calls, and coaching skills development sessions.

## **COACHING PRACTICAL**

Deliver 35 hours of coaching practice to four clients over 5 months.

## **COACHING RECORDINGS:**

Submission of three x thirty-minute recordings for feedback, mapping your coaching skills to coaching competencies and collecting halfway and final feedback from your coaching clients.

## **REFLECTIVE PRACTICE**

Complete and submit a coach reflection log and essay on your coaching approach.

## **ONGOING MENTORSHIP AND LIVE PRACTICE**

Receive dedicated mentoring over five months, working with 4+ clients under expert guidance. This hands-on phase includes individualised feedback on recorded sessions, practice-based insights, and alignment of coaching competencies, helping you hone your technique and build a unique, impactful coaching practice.

## **Wise for My Size Advanced Coach Modules**

Building upon the Foundational Tools, go deeper into the principles and practices of coaching children through self-reflection, mentoring, coaching practice and deeper study.

### **Module 1: Foundations of Child Development and Group Coaching Dynamics**

*Discover the 'Why' Behind the 'How'*

Explore child development to an even deeper level to understand the critical stages that shape young minds. This module offers insights into how emotional, cognitive, and social development influence coaching, helping you fine-tune your approach to supporting children's evolving needs and challenges at different ages.

### **Module 2: Children's Mental Health Essentials for Coaches**

*Become a Confident, Well Informed  
Support System*

Gain essential knowledge on children's mental health, learn how to recognise

signs of mental health challenges and foster a supportive environment that respects individual needs. Explore anxiety, trauma, and resilience-building techniques that equip you to meet children where they are, creating a space for positive transformation.

### **Module 3: Coaching Neurodiverse Clients with Confidence**

#### ***Celebrate Neurodiversity with Tailored Coaching Strategies***

Delve into effective, strength-based approaches to coaching neurodiverse clients, including children with ADHD, autism, and learning differences. Understand how to embrace diversity in delivery, communication, goal setting, and sensory needs, ensuring your practice is inclusive, adaptive, and affirming for every child you serve.

### **Module 4: Advanced Coaching Skills for Impactful Sessions**

#### ***Master Techniques that Drive Lasting Change***

Refine and elevate the core coaching skills that set you apart as an expert. This module goes beyond basics to enhance skills like advanced questioning, precision listening, and deepening rapport with children and their caregivers. With a focus on practical exercises, you'll unlock powerful ways to help clients find confidence and direction.

### **Module 5: The Art and Science of Coaching Adolescents**

#### ***Navigate the Unique Challenges of the Teen Years***

Discover age-specific approaches to coaching teens, addressing social relationships, self-identity, and the pressures of transitioning into adulthood. This module guides you in creating trust with tweens and teenage clients, supporting them in setting meaningful goals, building resilience, and navigating emotional complexities.

### **Module 6: Unblocking Learning Anxiety and Overcoming Subconscious Barriers**

#### ***Empower Children to Break Through Academic Roadblocks***

Uncover the hidden beliefs that hold children back from reaching their full potential in learning. This module dives into the root causes of learning anxiety and explores why children often struggle in specific curricular areas, even when they have the ability to succeed.

### **Module 7: Bringing It All Together: Integration and Impact**

#### ***Your Coaching Capstone for Real-World Success***

This final module synthesises all you've learned, preparing you for the most challenging yet rewarding aspects of coaching children. With an emphasis on self-assessment, feedback, and refining your personal style, you'll gain the tools to step confidently into your role as a transformative, knowledgeable, and well-prepared children's coach.

## **The Wise for My Size Advanced Coach Training Benefits**

- **Deepened Knowledge & Skill:** Expand your toolkit with targeted approaches to address neurodiversity, mental health challenges, and social dynamics, making your coaching practice versatile and impactful.
- **Professional Growth & Niche Expertise:** Build a solid foundation to attract your ideal clients and grow your reputation in the field of children's coaching.
- **Lasting Client Impact:** Ensure each coaching session is a stepping stone towards a more resilient, confident generation.

# WHAT IS INCLUDED AT A GLANCE

WHAT IS INCLUDED	WISE FOR MY SIZE COACH	WISE FOR MY SIZE ADVANCED COACH	WISE FOR MY SIZE ADVANCED COACH PLUS
Supply of all coaching materials in hard copy & digital formats	✓	✓	✓
Access to the online Wise for My Size Academy Portal.	✓	✓	✓
<b>10 CPD-accredited Foundational Modules:</b> <ul style="list-style-type: none"> <li>• Introduction to Children's Life Coaching</li> <li>• The Wise for My Size Framework</li> <li>• The Power of Storytelling for Empathy</li> <li>• My Amazing Brain: Part 1</li> <li>• My Amazing Brain: Part 2</li> <li>• Understanding Worry: The Four Types</li> <li>• Self regulation and Resilience</li> <li>• The Power of Self Talk</li> <li>• Learning from Mistakes and Resilience</li> <li>• Setting the Coaching Path</li> </ul>	✓	✓	✓
Weekly of Mentoring Calls during practice phase.	✓	✓	✓
<b>9 Coach Skills Development Trainings</b> <ul style="list-style-type: none"> <li>• Crafting Your Approach to Coaching</li> <li>• Building Trust-Based Relationships</li> <li>• Mastering Coaching Frameworks for Success</li> <li>• Coaching with the Fun Factor</li> <li>• The Art of Powerful Questioning</li> <li>• Managing Self and Cultivating Coaching Presence</li> <li>• Goal Setting and Maintaining Momentum</li> <li>• Empowering Growth and Resilience</li> <li>• Celebrating Success and Launching Your Coaching Practice</li> </ul>	✓	✓	✓
Assessment, Feedback and Evaluation of your case study submissions	✓	✓	✓
Certification as a Licensed Wise for My Size Coach (pass criteria met)	✓	✓	✓
<b>Bonus Trainings</b> <ul style="list-style-type: none"> <li>• Find Your Niche training</li> <li>• Getting into school training with Cerys Keneally</li> <li>• Getting your Business set up. Legal Training with Orchard Legal</li> <li>• Class 4 Kids Training that supports group enrolment &amp; organisation.</li> <li>• Quarterly Strategic Business planning days – Working ON your business, not IN your business!</li> <li>• Ticket to the Annual Wise for My Size Coaches Conference.</li> </ul>	✓	✓	✓
Quarterly Strategic Business planning days	✓	✓	✓
Access to Private Coaches Facebook group	✓	✓	✓
6 months of additional mentoring support while you complete your 35 hours of coach practical		✓	✓
<b>7 Advanced Coach Trainings</b> <ul style="list-style-type: none"> <li>• Foundations of Child Development and Group Coaching Dynamics</li> <li>• Children's Mental Health Essentials for Coaches</li> <li>• Coaching Neurodiverse Clients with Confidence</li> <li>• Advanced Coaching Skills for Impactful Sessions</li> <li>• The Art and Science of Coaching Adolescents</li> <li>• Unblocking Learning Anxiety and Overcoming Subconscious Barriers</li> <li>• Bringing It All Together: Integration and Impact</li> </ul>		✓	✓
Feedback and evaluation on three coaching recordings		✓	✓
Add 6 coaching sessions with Lorna to break free of anything holding you back from becoming the Coach you want to be.			✓
Payment in Full	£2,895.00*	£4,395.00*	£4,995.00*
Payment by Instalments Deposit	£495.00	£495.00	£495.00
Then 12 monthly instalments	£200.00	£325.00	£375.00

\*As a thank you for paying in full, you will receive a complimentary VIP half-day with Lorna or Jac to focus on any element of your coaching journey and business.



# CHOOSE YOUR PATHWAY

1

## Wise for My Size Coach

### PAYMENT PLAN

**£495** Deposit followed by  
12 monthly payments of **£200**

**PAY IN FULL**  
**£2895**

2

## Wise for My Size Advanced Coach

### PAYMENT PLAN

**£495** Deposit followed by  
12 monthly payments of **£325**

**PAY IN FULL**  
**£4395**

3

## Wise for My Size Advanced Coach Plus

### PAYMENT PLAN

**£495** Deposit followed by  
12 monthly payments of **£375**

**PAY IN FULL**  
**£4995**

Add 6 coaching sessions with Lorna to break free of anything holding you back from becoming the Coach you want to be.

As a thank you for paying in full, you will receive a complimentary VIP half-day with Lorna or Jac to focus on any element of your coaching journey and business.



# ABOUT US

Jac and Lorna created the Wise for My Size Methodology, a comprehensive approach to coaching children that combines expertise, practical experience, and commitment to seeing every child reach their potential.

With years of combined experience in education, therapy, and coaching, Jac and Lorna are dedicated to supporting you every step of the way, ensuring you feel empowered, knowledgeable, and ready to make a meaningful difference in the lives of children and families. Their commitment to ethical practice, personal growth, and nurturing the next generation of coaches makes them trusted leaders in children's coaching.

**Join Jac and Lorna on your transformative coaching journey and gain the confidence and expertise to become an exceptional children's coach with Wise for My Size.**

## MEET YOUR TRAINERS: EXPERTS IN CHILDREN'S COACHING

### **Jac McGill Teacher, Author, Curriculum Mindset Coach**

Jac's journey into coaching began early in her career as a primary school teacher, where she realised that while traditional teaching methods could be effective, they often lacked the tools necessary to unlock every child's potential. Her passion for teaching children led her to explore coaching, seeking powerful, personalised methods to help her students thrive. With a love for storytelling and a deep belief in the power of a good story, Jac brings fun and creativity to her coaching approach. She knows that when children engage in coaching, the results are transformative. Jac's expertise lies in making learning fun, fostering resilience, and creating the tools necessary for children to succeed – skills she now shares with coaches looking to develop their practices. Her approach is centred on the belief that every child is capable of growth, and her passion for coaching shines through in every session.



### **Lorna Davies Children's Occupational Therapist, Children's Coach, Author**

Lorna's background as a Children's Occupational Therapist has given her a unique understanding of children's diverse physical, mental, and emotional challenges. She has spent years working with children and families, helping them find solutions through a strengths-based approach that focuses on what is working rather than what isn't. Lorna believes in the power of positive change and transformation, which is reflected in her coaching practice. She is dedicated to helping children develop confidence, resilience, and a growth mindset. As a coach and mentor, Lorna loves learning from her clients and teaching others. With a deep knowledge of neurodiversity and child development, she creates an inclusive, supportive space where children and families can thrive. Lorna's approach ensures that her trainees are equipped with the tools and strategies they need to provide transformational coaching to children and parents alike.



# TRAINING SCHEDULE

## Wise for My Size Coach

Intake happens twice a year, in January and August

For the first 10 Foundational module weeks, the live training is delivered online via Zoom on Wednesday evenings from 7.00 pm to 8.30 pm with regular Saturday catch-up sessions running from 9.30 to 3.30 pm

In the coach skills development phase, the 8 weeks of live training delivery continue in the same format with weekly Wednesday and regular Saturday sessions.

The mentoring pods are offered at various times and days across the week

## Wise for My Size Advanced Coach

Enrolment happens directly after being certified as a Wise for My Size Coach.

The live training is delivered monthly on a Saturday from 9.30 am to 1 pm across the 6 months.

The mentoring pods are offered at various times and days across the week.

## Ready to enrol?

**Click here** to book a call with the Wise for My Size Team today.







I'm Wise Size  
FOR MY

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