



COACHING AND MENTORING FOR ADULTS & TEENAGERS WITH LEARNING DISABILITIES

SKILLS FOR LIFE, CONFIDENCE FOR THE FUTURE

- I am passionate about empowering adults & teenagers with learning disabilities to develop skills & confidence for greater independence and well-being.
- As a Parent of a 30-year-old son with severe learning and mobility challenges, I can offer a deep and personal understanding of the complexities faced by individuals with disabilities and their families.



PROFESSIONAL TEACHING EXPERIENCE

- Former SENCO (Special Educational Needs Coordinator) supporting SEN students.
- Teacher in two special needs schools, working with young adults with a wide range of learning, mobility, and medical needs.
- Specialist PSHE (Personal, Social, Health & Economic) Teacher, delivering education on:
- Financial literacy and careers.
- Health and social development.
- Building essential social skills.
- I have a current up to date Enhanced DBS (on the update service).

MY RELEVANT EXPERIENCE

- Professional Coaching and Mentoring Qualification (Distinction)
- EMCC (European Mentoring and Coaching Council) Accredited Coach and Mentor.
- Skilled at offering compassionate, flexible, and tailored support to empower others.
- Career and Employability Specialist:
- Provide group or one-to-one coaching on career skills, employability, and navigating the job market for individuals with learning disabilities including volunteering opportunities.

SOME OF THE SERVICES I CAN PROVIDE

- **Individual Coaching:** One-on-one sessions tailored to specific needs, delivered remotely for convenience.
- **Group Coaching:** Interactive sessions to build skills in a supportive environment.
- **Employability Training:** Workshops and coaching on CV writing, interview preparation, workplace skills, and confidence building.

WHAT WILL THE RESIDENTS GAIN FROM THESE SESSIONS?

- **Understand Learning Disabilities:** Gain insight and practical solutions to deal with challenges.
- **Practical Strategies:** Learn helpful ways to manage difficulties calmly and confidently.
- **Expert Support:** Get advice from an expert who is trained in coaching and mentoring.
- **Peer Connection:** Discuss with the other residents – learn to understand each others difficulties.
- **Personal Growth:** Build confidence and take control of your learning and your life.

I bring a compassionate, flexible approach combined with professional expertise and personal understanding. I would love the opportunity to work with your residents to help them achieve their goals and improve their confidence. Let's work together to make a difference!

Competitive Fees – Contact me for a quote.

