

The RAILS Project



RAISING ASPIRATIONS, INSPIRING LEARNING & SUCCESS



Raising Aspirations, Inspiring
Learning and Success

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About The RAILS Project

The RAILS Project is a bespoke, intervention-focused program designed to support secondary school students, particularly those at risk of school exclusion or disengagement. Our mission is to raise aspirations, inspire learning, and ignite a desire to succeed in students who may be facing barriers to their education. We work with both boys and girls in Key Stages 3 and 4, providing tailored support to help students reconnect with their learning journey, build self-esteem, and help those who lack goals or aspirations to first identify them and then cultivate the drive to achieve them.

Target Group:

- Key Stage 3 and 4 students
- Both boys and girls
- Focus on students who demonstrate one or more of the following:
 - Disengagement from school or classroom activities
 - Lack of personal and academic aspirations
 - Poor attitude toward learning
 - Lack of respect for authority

Program Delivery:

- Bespoke interventions
- Workshops and group sessions
- 1:1 Mentoring and coaching
- Flexible, adaptable support based on individual needs



Gina Johnson

Founder

Meet the **Founder**

The RAILS Project was founded by Gina Johnson, a qualified Life Coach and seasoned practitioner with over 25 years of experience working with young people across a wide range of settings, including:

- Young Offenders Institutes
- Children's Homes
- Family Support Services
- Youth Work
- Secondary Education

Throughout my career, I have developed a deep understanding of the challenges young people face, particularly those who are disengaged or at risk of exclusion. My experience equips me with the skills to offer practical, personalised interventions that help students navigate these challenges and find their path to success.



Our Approach

At The RAILS Project, we believe that student disengagement and poor behaviour often stem from deeper issues, such as a lack of understanding about how school can benefit them, low self-esteem, or external challenges in their personal lives. Our aim is to help students build confidence, uncover their potential, and create a plan for success both within school and beyond.

Fostering Confidence & Motivation

We help students develop the motivation and confidence to see the value in their education and to set personal goals. We focus on what's impacting their attitudes towards school, whether it's a lack of direction, feeling unsupported, or simply not understanding how school fits into their bigger picture. Through reflective activities and discussions, we help them realise that they can succeed and achieve, no matter where they start from.

A Relational, Personalised Approach

Our facilitators work to build strong, trusting relationships with students, helping them feel seen, heard, and valued. The core programme follows a structured set of content, but its delivery is flexible allowing space for the unpredictable questions and is adapted to meet the needs of the group. This ensures that the sessions are engaging and relevant for everyone. For more personalised support, we offer 1:1 mentoring sessions, where we dive deeper into each student's unique circumstances and challenges, focusing on individual growth and development.

Supporting Personal Circumstances

While we are not counsellors, we understand that personal challenges—such as struggles at home, peer pressure, or external stressors—can affect a student's ability to engage with school. We discuss how these factors impact motivation and learning, helping students build strategies to manage difficulties and stay focused. The key is to empower them to recognise how their situation may be influencing their attitudes and how to turn that awareness into a strength.

Building Long-Term Success

Unlike many interventions that focus on quick fixes, The RAILS Project is designed to help break negative behaviour patterns and build positive ones over time. We work with students consistently, offering ongoing support and encouragement to help them stay on track and develop long-term, sustainable change. This approach ensures that students don't just address immediate issues but also create lasting habits that will continue to benefit them beyond the programme.

Parental Engagement & Communication

We know that parental involvement is key to a student's success. To keep parents in the loop, we offer a parent information session to explain the programme and its benefits. We also ask for student phone numbers so we can send motivational texts and weekly reminders, helping students stay focused and engaged with their goals. We may also send out positive postcards celebrating success.

Key Points

- **Relational Support:** Building trust and motivation through personal relationships.
- **Core Programme with Flexible Delivery:** Tailored to the group's needs, helping break negative patterns and build positive habits.
- **Addressing Personal Circumstances:** Helping students identify how their external challenges impact their behaviour and mindset.
- **Long-Term Focus:** Supporting students to create lasting behavioural change with consistent support.
- **Parent Involvement:** Offering a parent information session to ensure collaboration and reinforcement of the programme's goals.

The **Core** Intervention

The Core Intervention lays the foundation for all our work. This intervention helps students identify and address the reasons behind their behaviours, uncover their intrinsic motivation, and reframe their perspective on education. It follows a four-phase approach to help students better understand themselves, their challenges, and how to build a pathway for success.

1

Self-Discovery and Reflection

Students explore their values, motivations, and life balance. This helps identify challenges impacting their behaviour and attitude, allowing them to take steps towards improving their mindset.

2

Understanding Your School

Students reflect on what's going well at school and where they're struggling. By understanding their learning style, they can find ways to engage more effectively in their education. This step is all about finding ways to make school a more enjoyable and effective experience.

3

The Influence of External Factors

Students examine how factors like social media, music, and peer pressure affect their behaviour. This section helps them understand how their actions impact relationships with family, friends, and teachers, and identify areas for positive change.

4

Personal Growth and Action Planning

In the final section, students will apply everything they've learned to create a personalised action plan for success. This includes setting clear goals and using a vision board to visually represent their aspirations. The action plan provides a road-map for students to stay focused, motivated, and on track as they work towards their goals.

The Core Structure

Core 6-Week Program

Maximum group size: 8

Sessions per week: 2 x 1-hour sessions

Total duration: 6 weeks

Learning approach: Spaced learning (2 sessions per week)

Purpose: Reinforce learning and improve retention by avoiding cognitive overload

Focus: Keep students engaged, focused, and motivated, helping them break old patterns and achieve success through manageable, consistent learning

Recommended Continued Support:

12-Week Mentoring Program

Sessions: 1 x 20-minute 1:1 mentoring session per week

Total duration: 12 weeks

Purpose: Provide personalised guidance, address ongoing challenges, and ensure long-term growth and development

Goal: Support students in maintaining momentum, track progress, and help them stay on track with their goals

Learning approach: Distributed practice with personalised feedback to reinforce the core lessons learned during the 6-week program

This structure is designed to optimise learning by using a combination of spaced learning and continuous support, helping students achieve lasting success.

Additional Services

Building on from the core Intervention

While the core intervention provides a solid foundation, The RAILS Project offers additional support that can be tailored to meet the specific needs of each student. These extra interventions are designed to further enhance personal growth and academic success and are chargeable services that can be added to the core program.

After completing the core intervention, students have the option to participate in:

- 1:1 Mentoring Sessions: Offering ongoing, personalised support to address specific challenges and provide continuous guidance on students' journey to success.
- Bespoke Truancy Workshops: Tailored sessions that specifically address attendance issues, helping students improve engagement and stay on track with their education.
- Self-Esteem and Motivation Workshops: Designed to build confidence, resilience, and a positive mindset, these workshops empower students to take ownership of their personal development and success.

These additional workshops and sessions are customised based on each student's unique needs, ensuring the most effective and targeted support. Please note that these services are chargeable and can be arranged based on your school's requirements and the level of additional support needed.



Additional Services for Black Students

Empowering Black Students: Achieving Success Against the Odds

This workshop is designed specifically to raise the aspirations of Black students (particularly Black Caribbean students) by celebrating positive role models, tackling barriers to learning, and addressing the impact of unconscious bias and racism. Through engaging discussions and activities, students will develop a strong sense of identity, confidence, and motivation to succeed.

The workshop encourages students to aim high, inspiring them to become pioneers and game-changers in their own right. We will emphasise that while their journey may require extra effort, success is not only achievable—it's within their reach. By fostering resilience, breaking down stereotypes, and providing tangible strategies for success, our goal is to help students unlock their potential and push past any obstacles in their way.


Key Outcomes:

- Building identity and confidence
- Inspiration from positive Black role models
- Practical strategies to overcome barriers and achieve academic success
- A positive school experience despite challenges

Why Invest?

Research shows that Black students, particularly those from Caribbean backgrounds, often face academic challenges linked to socio-economic factors, lower teacher expectations, and racial biases. By investing in this workshop, schools will directly address these barriers, especially for lower-achieving students, fostering an environment where Black students feel empowered to succeed. This program not only helps improve academic outcomes but also contributes to a more inclusive, supportive school culture, enhancing overall student well-being and performance.

This workshop can be purchased independently and is available for small groups (up to 10 students per session). It's a unique opportunity to empower students and ignite a passion for learning and achievement.



Our Facilitators and Mentors

All facilitators who work with students in The RAILS Project are highly qualified and experienced professionals, dedicated to ensuring the success and wellbeing of the students.

- All facilitators are DBS checked and have undergone safeguarding training to ensure the safety and protection of every student.
- Our team works under a strict Safeguarding Policy that prioritises the welfare of young people at all times. We adhere to the guidelines set by the school and local authorities to ensure the highest standards of care.
- Our facilitators bring empathy, professionalism, and a passion for working with young people to every session, ensuring a supportive and safe environment for students to thrive.

"A key factor in this success has been the dedication of our mentor, Gina. She has excelled in fostering positive relationships with both learners and staff, providing insightful feedback that has been instrumental in driving behavioural improvements. Gina's ability to connect with students on a personal level has built trust and encouraged them to take ownership of their actions, while her collaboration with staff has ensured a consistent and supportive approach across the school."



Impact and Outcomes

Improved Student Engagement

- Increased participation in class and school activities:
- Higher attendance rates:

Positive Behaviour Changes:

- Reduced negative behaviour Points:
- Fewer disruptive behaviours, such as truancy, lateness, or conflicts with teachers and peers.
- Improved attitudes towards learning

Development of Self-Esteem and Confidence

- Increased self-belief
- Better self-awareness

Personal Growth and Goal Setting

- Clearer aspirations
- Improved motivation

Long-Term Positive Habits

- Sustained change in behaviour
- Self-regulation skills



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Next Steps

We would be delighted to discuss how The RAILS Project can work within your school to support your students.

We look forward to partnering with you in raising aspirations, inspiring learning, and creating lasting success for your students.

Our Contact



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