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Empowering the young to grow and transform

PDF info for teachers

Here at the Emoji Coach we offer different programmes and packages for you to choose from for children/young people aged 8 to 22yrs, teachers and heads of schools. Our basic package is the programme itself and then you can choose to add on other services. Below is what we can offer you.

Programmes for children The Emoji Coach programmes that we run in schools are targeted towards children that:

- Struggle with confidence and low self esteem?
- Struggle to achieve their academic targets?
- Have challenging behaviour e.g. bullying
- Have difficulty managing their emotions
- Struggle with friendships?
- Show signs of stress/anxiety?
- Do not pay attention?
- Have a negative “I can’t” attitude?
- Have bullying behaviour

When we say, “Children do not pay attention” we don’t just mean to you as a teacher, learning mentor or head of a school. When a child is showing challenging behaviour, low self esteem, low confidence or are losing focus their emotions are being suppressed and then quite often erupt, at which point they may verbally or physically hurt someone or themselves which usually disrupts everything around them. Alternatively may remain suppressed and the child becomes withdrawn or unwell and loses more confidence.

The Emoji Coach programmes teach the children how to:

- Pay attention and recognise their emotions and where they store the negative ones,
- Cope with fears and anxieties
- How they then can change a negative emotion to a positive one – Yes you really can change your emotions if you choose to!

By doing this,

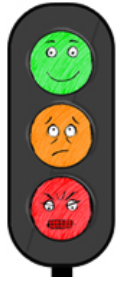
The children’s Emotional Intelligence develops which means they will know what feels good/bad and how to move from a negative feeling to a positive one

So how will we do that?

Children need to move, have fun and adventure to learn. They want to play, that is how they learn the best and where they feel understood and safe to be themselves.

We appreciate the importance of variety, that the children need different mediums to hold their interest and attention. The methods we use are underpinned by Emotional Intelligence, Mindfulness, Positive psychology and NLP techniques and at the same time we use creative varied techniques including:

- Creative Activities
- Role play/scenarios
- Visualisation techniques
- Building a toolkit



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- Mindfulness
- Learning fun facts (such as how the brain works etc)

Which will mean:

- A more responsive class of children
- Classroom and children full of positive energy
- An 'I Can' attitude
- Better behaviour
- Children who can self-manage their emotions Which will, in return mean:
- Higher achievement
- Improved focus and concentration
- Happier children
- More time available for teaching

The Emoji coach programmes :

- Build Self Belief, Confidence & Self Esteem
- Develop Mindfulness Skills
- Raise Self Awareness & Promote Personal Responsibility
- Increase Positive Thinking
- Grow Compassion, Kindness & Respect for self & others
- Handle Conflict & Being Assertive
- Self Management of Emotions
- Develop Emotional Intelligence Increases positive behaviour and attitudes towards others

We also look at bullying and help the children, young people to see what a bully is and why they behave the way they do. At The Emoji coach we want to help every child including the ones who have been labelled as bullies. There is always a reason why someone behaves that way and we look at that and help them. It's also important for the victims to see their part in the situation too.

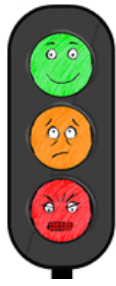
Programmes for young people The Emoji programmes for young people include all of the above aspects and also include:

- Coping with fears and anxieties
- Coping with exams
- Coping with transitions from school to University or the working world
- Presentation and Interview skills
- Goal setting
- Power of belief

Libby has recently written and run a "Girl Power programme for yr 7 girls which was very successful and is currently creating one for boys.

Programmes for teachers and heads of schools.

The amount of teachers that are having to take time out from teaching or even leave the profession is on the increase, the term burnout is often used. It is essential that teachers and the rest of the team look after their wellbeing so they have all the resources they need to teach in today's society. It is too easy to be triggered by certain behaviour displayed in front of us and so is essential that you look after yourself emotionally as well as physically. The amount of hours that goes in to teaching can cause so much exhaustion and stress so to then not have the energy to cope and handle children/young people before them creates:



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- Lack of rapport
- lack of communication

which can lead to:

- Lack of results
- Challenging behaviour and then burn out for the staff

In our programmes for teachers and staff within schools we provide tools that will:

- help reduce stress
- provide time management skills
- enable you to communicate effectively within the team and to the children/young people

We will show you how:

- different words get a more effective response rather than responding on your 1st reaction

helping you to separate from the emotions of conflict which will :

- enable you to free yourself up and give you the choices and space for how you respond by helping you to
- manage your own emotions.

One to One Coaching

After the programmes have been run we provide a report and our recommendations. We offer a one to one service for both children/young people and staff of the School. Within this service Libby uses her expertise coaching them on a one to one helping them to move forward and provides tools for them to be empowered to use in there life. Libby has a different approach to counselling that is provided in schools these days and has excellent results!

Purely and simply Mindfulness

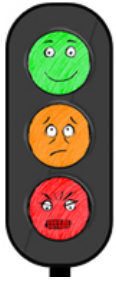
How to manage stress and anxiety, in yourself and others by adopting a Mindful approach. Mindfulness is a modern concept, which describes the adoption of a new and more helpful mind-set, which can alter your outlook and mood and is used as an empowering tool in the self management of anxiety and stress.

Hundreds of schools in Berkshire have meditation classes introduced into their timetable. It teaches you to manage your own behaviours and anxieties instead of relying others to do it for you. It's a great way to Empower and take responsibility.

If you are looking for a mindfulness class for your pupils and or staff without the programmes or as an add on to the programmes then we can provide that for you.

To find out about the 3 packages the Emoji Coach offers, contact Libby today

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