



Children and teenagers

can improve their motivation and concentration levels, raise their self-esteem and see how to achieve their goals. They can unpick patterns of behaviour that no longer serve them and work through obstacles that have been holding them back.

They will gain; a new positive perspective on life, effective communication skills and be learning invaluable life skills that will help them through their transition to teenager or adulthood.

Teachers are important inspirational role models for many young people. How could you be best supported in this role?

Coaching can help you manage with stressful situations, help you maintain a great work - life balance and progress your career.

Coaching helps teachers and students to be the best they can and raise school standards.



TBC Coaching
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Call us on **01363 775935** or visit our website **tbccoaching.co.uk**



Our Services

- Individual and group coaching sessions for children aged 8yrs+ and adolescents
- Parental coaching - how to support your child and enhance your family life
- Individual and group coaching for teaching staff

Teresa specialises in:

- Teaching the MAGIC Programme in schools (accredited by the Open College Network) - developing crucial life skills such as motivation, assertiveness, goal achievement, initiative and confident communication
- Goal Mapping - empowering you to change your life by syncing your conscious and unconscious objectives
- Personality Profiling (DISC) - helping you and your child understand who they are for easier communication.
- Customised NLP courses and workshops

Coaching helps with:

- Raising confidence and self esteem in teachers and children
- Goal mapping
- Effective communication using NLP
- Creating and promoting a positive attitude and motivation
- Social skills for the playground and at home
- Soft skills for teenagers
- Personality profiling and identifying your learning style
- Stress management
- Exam and interview techniques
- Preparation for life after school/college
- Regaining balance in family life
- Recognizing different learning styles within the classroom
- Presentation skills
- CPD Points for teachers



Listening to your needs

Speak to us about a booking. We offer group or one-to-one sessions and can tailor the content to fit the needs of your school. We know each school environment is individual with differing requirements and are happy to discuss ideas with you.



Taking action

Book your coaching sessions and give your school a boost. Our interactions raise standards and help achieve great Ofsted reports. We've got the skill-set to make it happen.



Seeing the difference

After a coaching session you will observe that the teaching group appears energised and positive and the children gain better results. Coaching lifts lives and whole school communities. What are you waiting for?