



**innovatingminds**

BELIEVING IN YOUNG PEOPLE



Emotional Wellbeing Specialists

**The Mind Space Launch**





**innovatingminds**  
BELIEVING IN YOUNG PEOPLE

A social enterprise that is passionate about providing accessible support for young people in education, training & employment to foster emotional wellbeing & resiliency.

We work systemically, & with an early intervention ethos by creating 'Mind Space' so young people are supported & believed in to achieve their aspirations.



# OUR VISION

A world where young people with emotional & mental health needs are supported to achieve their aspirations.

## OUR MISSION

- ★ To enhance emotional wellbeing of young people.
- ★ To promote education, training & employment opportunities for young people experiencing mental health & emotional wellbeing difficulties.
- ★ To recognise, positively support & influence the systems orbiting young people with emotional & mental health needs.

## OUR VALUES

- ★ **Empowering:** We encourage autonomy & we will promote the development of 'Innovating Minds' by listening to the voices of our community members.
- ★ **Inclusive:** We will work with the people & systems influencing young people's lives.
- ★ **Dynamic:** We are flexible, responsive & creative.
- ★ **Excellence:** We will provide a first class, transparent & innovative service, deliver evidence-based interventions & continue to evaluate our programmes.

## WHAT MAKES US UNIQUE?

- ★ We use an early intervention model, using specialist support (psychologists, counsellors & creative therapists) to provide bespoke services in education.
- ★ Our 'Mind Space', where we create & nurture a safe space to work collaboratively towards emotional wellbeing.



# OUR SERVICES

 **GALAXY**  
Enhancing Emotional Wellbeing.

 **SHOOTING STARS**  
Enhancing Employability skills.

 **TRAINING STATION**  
Specialist Training Programmes.



# THE GALAXY

## ENHANCING EMOTIONAL WELLBEING

*"A healthy school approach to promoting the health and wellbeing of all pupils in the school, with priorities identified and a clear process of 'planning, doing and reviewing' to achieve the desired outcomes.*

Dept. of Education

At Innovating Minds we share this view, our passion is to enhance mental health & emotional wellbeing for young people in education. We provide a bespoke support package so we can work collaboratively with an early intervention ethos.

## SERVICES FOR:

A dedicated & experienced Mind Space facilitator will work within the education facility.

*"There are things that schools can do...to intervene early and strengthen resilience, before serious mental health problems occur.*

Dept. of Education

## STUDENTS

- ★ **One to one sessions:** Short term & long term therapy.
- ★ **Lunch time drop in sessions.**
- ★ **Working within the classroom:** To provide the student & teacher support (effective for students experiencing social anxiety, attendance difficulties).
- ★ **Facilitate group programmes:** e.g. enhancing self-esteem, stress & anxiety management.
- ★ **Student peer support groups:** Led by the students & assisted by the facilitator.
- ★ **Brief information sessions:** Promoting emotional wellbeing.

## CAREGIVERS

- ★ **One to one family support:** Short term & long term support.
- ★ **Peer support sessions:** Led by the caregivers & assisted by the facilitator.
- ★ **Information Sessions:** e.g. How to support young people with stress, recognising signs of emotional distress.

## TEACHERS

- ★ **A Mind Space:** To support their emotional wellbeing & provide a space for reflection.
- ★ **Consultation support:** Supporting teachers within the classroom by providing recommendations & techniques.
- ★ **Continued Professional Development Training.**
- ★ **Support with SEAL & PSHE lessons.**
- ★ **Supporting safeguarding procedures & Common Assessment Frameworks.**
- ★ **Liaison with external agencies** (CAMHS, GPs).
- ★ **Working systemically:** Working with the senior leadership team to promote a culture that develops emotional wellbeing & resiliency.
- ★ **Support on special occasions:** Parents evening & exam results day.

## DESIRED OUTCOMES

- ★ Improvement in engagement with learning.
- ★ Academic achievement.
- ★ Improving wellbeing & resilience.
- ★ Raising awareness of mental health difficulties.
- ★ Reducing stigma.
- ★ Reduction in behaviour that challenges.
- ★ Increase in school attendance.
- ★ Parents feel supported.
- ★ Promoting staff support & emotional wellbeing.

“  
*Promoting good mental health is the responsibility of all members of school staff and community.*

Dept. of Education  
”



## EXAM STRESS MANAGEMENT

“  
*Schools can promote their pupils' mental health by an ethos of setting high expectations of attainment for all pupils with consistently applied support.*

Dept. of Education  
”

Our experts can help students develop their awareness of stress, & equip them with skills to manage exam stress. We create 'Mind Space' to provide a platform for students, teachers & carers to gain individual & group support. This resource represents a valuable package to support students achieve their aspirations.

## WHAT WE NEED FROM YOU

- ★ **A Mind Space:** A dedicated room that is accessible.
- ★ **A champion.**
- ★ **Access to school data:** To aid the analysis of impact & outcomes.
- ★ **Flexibility within the timetable:** the school needs to provide students & teachers the opportunity to access the Mind Space.

## STUDENTS

- ★ **Level 1:** Orientation to exam stress.
- ★ **Level 2:** 'Awareness & Management of Exam Stress' (12 students per group max).
- ★ **1:1 Support:** Students experiencing high levels of stress.
- ★ **Peer support groups:** Led by the students & assisted by the facilitator.



## CAREGIVERS

- ★ **Information sessions:** e.g. Exam stress, effects it can have, how can we support our children.
- ★ **Peer support sessions:** Led by the caregivers & assisted by the facilitator.

## TEACHERS

- ★ **Training Session on exam stress management.**
- ★ **Consultation support.**

## METHOD OF DELIVERY

- ★ We will use innovative resources that students can keep.
- ★ We will be engaging, we will make an impact, & we will incorporate a range of learning styles.
- ★ We will be flexible & responsive to feedback.
- ★ We will provide a safe & containing space to aid reflection, discussions & learning.

## EVALUATION METHODS

- ★ **Quantitative Data:** A variety of valid & reliable assessments.
- ★ **Qualitative Information:** Feedback from students, caregivers & teachers.
- ★ **School Data:** e.g. predicted grades vs grades obtained, attendance to exams.

## DESIRED OUTCOMES

- ★ To develop an awareness & understanding of exam stress.
- ★ To help students achieve their predicted grades.
- ★ To reduce the level of emotional distress experienced by students, carers & teachers.
- ★ To provide students, carers & teachers with a tool kit of techniques to manage exam related stress.
- ★ For carers to feel that they are supported & equipped to support their child with exam stress.

“  
In order to help their pupils succeed, schools have a role to play in supporting them to be resilient & mentally healthy.  
”

Dept. of Education

## WHAT DO STUDENTS SAY?

“  
**I used my flash card before entering the exam, it helped me to relax.**  
”

Henley High School

“  
**The one-to-one session was really helpful.**  
”

The student enquired whether this support would be available again.

“  
**What did you find most helpful**  
”

How to handle exams in a relaxing way

“  
**What did you find most helpful**  
”

Suggestions for coping with stress

“  
**What did you find most helpful**  
”

Identifying stressful thoughts, talking

“  
**Would you use any of the techniques?**  
”

Breathing techniques, create a timetable, use music

“  
**When do you need this support to start?**  
”

ASAP, before and during my exams

# SHOOTING STARS

## ENHANCING EMPLOYABILITY SKILLS

OVERCOMING BARRIERS IN EDUCATION, EMPLOYMENT & TRAINING

“  
**For those in the 14-19 years age group, employers believe schools & colleges should be prioritising development of employability skills.**

CBI, Education  
& Skills Survey

”

We offer a range of workshops that develop self-awareness, problem solving skills, interpersonal interactions & emotional wellbeing. All of these are essential skills to help our shooting stars achieve their aspirations in the world of education, training & employment.

## WORKSHOPS

### CYCLE OF CHANGE

- ★ Setting & Achieving Goals.
- ★ Enhancing Motivation.

### GETTING TO KNOW YOURSELF

- ★ Self Awareness Skills.
- ★ Self Esteem.
- ★ Self Confidence.

### SKILLS DEVELOPMENT

- ★ Enhanced thinking skills (i.e. problem solving, perspective taking).
- ★ Social Skills: Growing your people skills.
- ★ Mindfulness.
- ★ Emotional Awareness.
- ★ Managing Intense Emotions.

### FUTURE PLANNING

- ★ Transition Support (i.e. managing demands & expectations, managing social anxieties).
- ★ Stress Management Support.
- ★ Reviewing Goals & Planning Ahead.



## DESIRED OUTCOMES

- ★ For young people to feel that they are equipped to enter education, training or employment.
- ★ Increase the number of young people accessing education, training & employment.
- ★ To increase retention in education, training & employment.
- ★ To enhance self-confidence & self-esteem.
- ★ To develop cognitive flexibility.
- ★ To enhance emotional awareness.
- ★ To develop interpersonal skills.
- ★ Feel supported when managing transition.

## EVALUATION METHODS

- ★ **Quantitative Data:** A variety of valid & reliable assessments.
- ★ **Qualitative Information:** e.g. Feedback via questionnaires, focus groups.
- ★ **Follow-up Data: School Data:** e.g. Analysing the number of students that entered education, training or employment.

“  
**Employers also believe it is important for children to start developing effective communication skills that are so essential in later and personal working life.**

CBI, Education  
& Skills Survey

”

# TRAINING STATION

Our **experts share their knowledge** to develop awareness of mental health & emotional wellbeing. We will also share our skills to equip delegates so they can **intervene & support each other**.

We create the **'Mind Space'** where students, teachers & leaders can engage in active discussions & exercises to enhance their **learning experience**.

We don't just deliver the training; we will also **support you to apply** the knowledge & skills.

## TRAINING PROGRAMMES\*

- ★ Building & Maintaining a Rapport with Students.
- ★ Argghh I'm Too Stressed, What Can I Do?
- ★ Mindfulness Awareness & Practice.
- ★ What is this Self-Awareness & Reflection All About?
- ★ Understanding Emotions.
- ★ Understanding & Managing Behaviour that Challenges.
- ★ Exam Stress Awareness & Support.
- ★ Understanding Emotional Wellbeing & Mental Health.
- ★ Supporting & Managing Emotional Wellbeing & Mental Health.
- ★ The Victims: The 'Bully' & 'Bullied'.
- ★ Abuse: Understanding & Dealing with the Effects.
- ★ Understanding & Supporting Students with Self-Harm.
- ★ Awareness of Eating Disorders.
- ★ What is This Flight or Fight All About? Anxiety.
- ★ 'Too Young to Be Depressed': What's This All About?
- ★ Legal Highs, Illicit Substances & Alcohol Use.
- ★ Sexual Relationships & Risky Behaviour.
- ★ Safeguarding from Radicalisation & Extremism.
- ★ Sexual Exploitation Awareness.

\*This is not an exhaustive list.

Training is tailored to meet the needs for primary, secondary schools, colleges & universities.

## SUPPORTING THE APPLICATION OF KNOWLEDGE & SKILLS

- ★ Consultation support.
- ★ Facilitate formulation sessions so as a team we can think widely about the difficulties to generate solutions.

# BUILDING YOUR MIND SPACE

We create bespoke services so you can incorporate the programmes to develop your Mind Space package.

If you require additional services please contact us, & we will do our best to accommodate your needs.



## FIND OUT MORE

Contact our team to discuss your requirements.

[www.innovatingmindscic.com](http://www.innovatingmindscic.com)

[info@innovatingmindscic.com](mailto:info@innovatingmindscic.com)

## LAUNCH YOUR MIND SPACE





