

Overview of Ethos Mentoring Programme

For all our Mentoring sessions our primary role is to listen and offer advice and support where we can. All our mentoring programmes are 5 week personal development 1:1 courses designed to help young people navigate life.

BOOST- Boost is designed to help young people grow in confidence and resilience by learning to take responsibility for their own personal growth and progress.

Throughout the course students will learn how to formulate personal goals, see them through to completion, and gain tools to help them overcome setbacks and challenges in life

Suitable for:

Students in years 9/10 who may be struggling with one or more of the following:

- low confidence
- low self- esteem
- unsure what to do in the future
- lacking in a sense of purpose/ direction, lacking a strong support network (family/ friends)

SERENITY- Serenity is designed to help students combat anxiety, identify root causes, develop strategies to manage fears and improve their wellbeing. Students on this programme will learn to put strategies into place to deal with their anxiety in the short and long term. This is a forward thinking course designed to support students that are aware of the reasons for their anxiety but want support to combat it.

Suitable for:

Students in all years who may be struggling with general anxiety or panic attacks.

CHANGE- Change is designed to help young people navigate significant seasons of change in their lives. Students explore three stages of change and receive guidance and support to help them transition smoothly and embrace their future.

Suitable for:

Students in any year group who are undergoing any significant or disruptive changes in their lives, such as:

- moving school
- moving country
- family breakdown
- loss of a family member.

Course requires an element of emotional maturity.

BITESIZE- The aim of the mentoring programme is to support young people in 3 key areas- unlocking potential through managing emotions, building resilience in anxiety and motivation towards goal setting by looking after our mental wellbeing.

Suitable for:

Students in years 7 who may be struggling with one or more of the following:

- regulating anger and tough emotions
- low confidence
- slightly anxious
- lacking in a sense of purpose/ direction
- lacking a strong support network (family/ friends)

RESOLVE- REsolve is de impacts of different behaviours and gain practical tools to put constructive behaviours into practise. signed to help young people discover what influences behaviour, explore the positive and negative

Suitable for:

Students in any year group struggling with:

- disruptive or disrespectful behaviour
- sudden outbursts of anger or rage
- inability to manage emotions, surfacing as negative behaviour

BREATHE- Breathe is designed to help students prepare for exam season and combat unhealthy exam-related stress. With a dual focus on fostering positive mental wellbeing alongside offering practical guidance and support, the course helps students prepare both physically and mentally for their revision season and exams.

Suitable for:

Students in year 10/11 and 12/ 13 who:

- Are more likely to struggle with exam-related anxiety and stress
- Have lower predicted grades or are underachieving Students
- May struggle to manage their revision and planning