

## Overview of Ethos Interventions

For all our Interventions our primary role is to listen and offer advice and support where we can. All our intervention courses are facilitated in a group discussion style, as students find others who are struggling like them and realise that they are not alone in their situation. The courses outlined below are part of the Grace Foundation Abundant Life series, delivered by the onsite Ethos Team.

**MAD**, **STRONG**, **WORTH IT**, **LOST** and **TRANQUILITY** are six 1-hour sessions over 6 weeks

**MAD**- Course looks at symptom causes and impacts of anger and provides practical strategies for the students to try to control their anger, suited for students that are aware they have anger problems and are wanting to resolve these as opposed to a behaviour management tool.

*Max 6 students*

**STRONG**- Course looks at 8 essential skills needed to build resilience and practical application to everyday life, suited to students who fall between the gaps and are struggling to cope with challenges of everyday life.

*Max 10 students*

**WORTH IT**- Course explores issues around self-esteem, where it comes from and how to build confidence, suited for students with low self esteem and confidence issues with a sense of negativity towards self.

*Max 10 students*

**LOST**- Course enables students to identify feelings behind loss and provide strategies to deal and grow through these emotions. Based on the Kubler Ross cycle of grief, assists young people who are experiencing significant loss such as divorce, separation, or bereavement.

*Max 10 Students*

**TRANQUILITY**- Course empowers students to understand and identify their anxiety and put strategies in place to change the narrative and manage their anxiety in the short, medium and long term, suited for students suffering with any type of anxiety. Please note this is not a form of counselling for the anxiety.

*Max 10 Students*

**RESOLVE** and **BREATHE** are five 1-hour personal development group mentoring sessions, running over a period of 5 weeks.

**BREATHE**- Course helps Year 10 and/or 11 students prepare mentally and physically for exam season and combat unhealthy exam-related stress, suited to students that; struggle with exam-related anxiety and stress, lower predicted grades or are underachieving, struggle to manage their revision and planning.

*Max 10 students*

**RESOLVE**- Course designed to help young people discover what influences behaviour (dealing with emotions), impacts of this, gain practical tools to apply for constructive behaviour changes, suited to students that; struggle with disruptive or disrespectful behaviour, inability to manage emotions surfacing as negative behaviour.

*Max 3 Students*

**FROM NOYA, REACH** and **BE CONFIDENT** are all creative workshops delivered by our creative team and external partner *Rites of Passage Productions (R.O.P.P)*. R.O.P.P create powerful, motivational and highly thought-provoking pieces of contemporary theatre as main reference points and stimuli for discussion.

**FROM NOYA**- An Award winning 15-minute Short Film and workshop tackling depression, thoughts of suicide, dealing with worry, anxiety and how to ask for help and breakthrough, suited to students in KS4/5.

*Max 15 students*

**REACH FILM PROJECT**- A 4 day off timetable programme for a targeted group of students that aims to inspire young people to reach higher through the lens of film. We want to help create Resilient, Extraordinary, Adaptable, Confident and Honest young people (REACH), suited to students who may have low expectations of themselves or are at risk of low achievement.

*Max 15 students- Mixed*

**BE CONFIDENT**- Workshop explores confidence and self-esteem using various drama techniques, build self-confidence helping young people find the courage to try new things and taking on new challenges whilst reducing risky behaviour, aimed at KS3 suited for students with low achievement.

*Max 15 students*