



Nurture
My Potential

Education for
Positive Well-being

Nurture my Potential

Everyone is unique and everyone has potential to be the best that they can be. Management of emotions, having tools and strategies to overcome social and emotional difficulties, understanding the importance of mindsets, mindfulness and relaxation are the fundamental elements of nurture my potential.

Nurture My Potential takes a unique approach to child development by providing support & development to the key people involved in a child's learning journey.

If schools are to provide the best learning environment where children can thrive then school leaders and teachers need to be fulfilled in their work.

Parents and carers working together with school learning programmes will have a far greater impact on a child's development.

What do we want for our children?

Happiness, confidence, health, love, kindness, self-worth, meaning, an optimistic outlook, ability to get along with people and understand emotions. In short well-being or emotional fitness. We all recognise that fitness training is important for physical agility and strength, indeed there are a multitude of training programmes to develop physical fitness. So where is the training for emotional fitness?

How do children develop the skills needed to develop optimism, resilience, self-efficacy, self-regulation, confidence, empathy, self-determination and positive relationships? How do children learn about mindsets, and develop strategies to manage their emotions allowing them to flourish?

How thoughts, feelings and emotions are processed is now the subject of intense research. This research has shown that emotional intelligence is at least as important as IQ. People with higher social and emotional skills have been proven to function better in the world regardless of their academic intelligence.

As the founder of Nurture My Potential, I am passionate about learning and development. My entire career has been devoted to this area; I've worked in the business sector and in education where I have had the privilege of using my skills, knowledge and expertise to develop big and little people!

I believe that learning is an incredible journey full of adventures that take us into new areas enriching our lives forever.

Contact Claire to join a Nurturing My Potential Journey. Who knows where it will take you?



Wellbeing Programmes

Nurturing the Potential of the Whole School

A Mindful Journey to the Growth Mind Set Programme

Nurturing the Potential of Children

The Power of ME

Year 6 Transition to Secondary School

Relax Kids

Managing Anxiety and the Stress that it Causes

Nurturing the Potential of Teachers

Well-being Workshops

Nurturing the Potential of Parents

Growth Mind Set Parenting

Optimistic Parenting

We can make a difference helping children realise their potential by working closely with all those involved in their learning journey

A Whole School Programme

A Mindful Journey to the Growth Mind Set

School Leaders, Teachers, Children and Parents.

A Growth Mind Set culture will maximise your opportunity to nurture the potential of every child in your school.

The Growth Mind Set Programme equips school leaders with the tools and strategies to embed Growth Mind Set into the culture of the school. The Programme enables each child and also, importantly, staff members to understand the Growth Mind Set and to change behaviours accordingly. Explicitly teaching Growth Mind Set to children ensures a more successful learning journey and develops a passion for challenges, encourages perseverance, resilience, and an understanding of the need for effort and mistake making in learning.



Nurture My Potential will work closely with you by offering the following:

School Leaders and Teaching Team

- Nurture My Potential led but collaborative development of a school specific implementation plan.
- Flexible delivery of initial staff twilight Inset sessions (2) or an Inset day to introduce the theory of Carol Dweck's work and an overview of the Mindful Journey to the Growth Mind Set programme – Six detailed tailored lessons to introduce Growth Mind Set to the children.
- Follow-up training with all staff – Going deeper – Mindset language, engaging parents and school specific needs.
- Close liaison to evaluate progress, assess further training requirements.
- *Optional TA training (if unable to join main INSETS)*
- Evaluation of the Programme.

Children

- Children explore the Growth Mind Set Programme in six detailed inspiring lessons. Children learn the importance and develop their understanding of curiosity, perseverance and resilience for their learning journey. They learn mindfulness techniques to enhance their learning journey.

Parents

- Parent Information Evening on Dweck's Research and the Mindful Journey to the Growth Mind Set Programme.
- *Additional optional two workshops on Mindful Growth Mind Set Parenting.*

Children and Young People - Nurturing their Potential

The Power of ME Programme

The Power of ME Programme is an evidence based, comprehensive set of workshops designed to promote academic success through social and emotional awareness and enhanced well-being.

Children learn best when they are happy and engaged, focused and inspired to participate so all of the Power of ME workshops are fun, multi-sensory and fully interactive so that learning flourishes.

The following standalone workshops can be selected to form a balanced programme tailored to the needs of your school either for whole class teaching or small group interventions.

ME and My Amazing Brain: Children explore the brain identifying three parts, the Amygdala, (reactive centre) Prefrontal Cortex (reflective centre) and the Hippocampus (memory and information processing centre). They learn the function of these three parts of the brain. They learn practical strategies to enable them to understand the importance of calm, focused attention for learning and mindful behaviour.

Thoughtful, Emotional ME: Children look at the patterns of their thoughts. They learn that all feelings are triggered by thoughts and that they can control their thoughts. They examine different thinking 'traps' which can distort their thinking. Children learn strategies to challenge their thinking which will allow them to change their feelings and behaviour.

Mindful ME: Children learn the importance of being present, paying attention to the here and now with curiosity, compassion and without judging. Using Tolstoy's book the Three Questions children learn the answer to life's important questions. Who is the most important one? When is the most important time? What is most important?

Solution Maker ME: Children explore a number of problems and identify strategies to solve them. They think about problems that they are experiencing and identify the skills that they need to solve them.

Friendly ME: Children explore friendships, identifying their importance and the qualities needed for good friendship. They learn how to make friends and what is required to nurture that friendship. They gain a thorough understanding of the importance of empathy and how they can display empathy to their friends.

Cool ME: Children learn that anger is an emotion that everyone experiences. They identify what is happening in their brain when they are angry. They examine their anger triggers, and their physiological and behavioural reactions. They learn that it is important to manage their anger and explore different strategies to manage it developing a 'Cool Me' plan.

Calm ME: Children learn that anxiety is a normal emotion and that everyone experiences it. They identify what causes their anxiety and how it affects them. They explore and practise different strategies of how to manage their anxiety and create a MAP managing anxiety plan.

Optimistic ME: Children explore optimism and hopeful thinking. They learn the four basic skills of optimism. They look at the brain research of optimism and understand the benefits of practising the habit of optimism.

Confident ME: Children identify what confidence is and learn the skill of assertive communication. They identify helpful thought patterns which encourage confidence. They develop their own confidence anchors to boost their confidence in situations which they find difficult.

Grateful ME: Children look at what it means to have gratitude. They discover the brain activity that occurs when acts of gratitude are performed. They learn the positive effects that gratitude has on their well-being.

My Mindful Growth Mind Set Journey

Curious Me

Persistent Me

Resilient Me

A series of six lessons exploring the Growth Mind Set. Children learn that their intelligence is not fixed and that they are neuroplasticity sculptors. They learn about CPR – Curiosity, Perseverance and Resilience – essentials for their learning journey. Children learn what it means to be mindful and understand the importance of mindfulness for their learning journey. They learn diaphragmatic breathing as a strategy to induce a calm learning state.

Mindfulness has been found to be related to well-being, including optimism, positive affect, self regulation and lower rates of depression and anxiety. (Brown & Ryan, 2003)

Year 6 Transition to Secondary School Programme

The Transition Journey Programme is designed to support all children who are moving to secondary school. Through a series of four interactive workshops children identify the practical changes that they will encounter and identify the different emotions often experienced during a period of change. They learn strategies to manage these changes and explore the importance of a Growth Mind Set to thrive on the challenges ahead.

Managing Anxiety and the Stress It Causes.

In this series of four lessons children identify their anxiety and learn how to identify thinking traps and challenge their automatic negative thoughts. They explore their explanatory style and understand the importance of optimistic thinking. They create an individual plan of coping strategies. Strategies to include optimistic thinking, positive self-talk, mindfulness and visualisations.

Nurture My Potential Proudly Offers.



Relax Kids workshops are a unique method of introducing children to relaxation.

Relaxation can help concentration skills, listening skills, creativity, self-esteem, mental and physical health.

There are three different programmes addressing the needs of children

Young Adventurers 5-9yrs, Chill Skills 10-14yrs, Just Relax 15-18yrs.

Movement - Encourages development of core physical skills, improves coordination, boosts energy and circulation whilst helping release endorphins.

Games and Play - A range of energetic and fun games. The drama-based thought provoking games encourage and promote social skills and awareness. They help build children's confidence, social interaction and communication skills.

Stretching and Balance - A set of stretches are carefully demonstrated and used by the children to lengthen and stretch bodies and so improve postural awareness. These exercises help release physical tension, develop motor skills, body awareness, balance and flexibility.

Massage - These calming exercises promote positive touch and encourage respect, communication and empathy amongst peers. Positive touch calms the nervous system, helps the production of oxytocin and endorphins and lowers stress levels in children.

Breathing - A range of child friendly exercises encourage deep breathing. These exercises help calm the nervous system and children feel the immediate effects whilst being taught how to use these techniques effectively for themselves. Breathing exercises also improve concentration and focus. Regular practise can help the child learn how to control their emotions.

Affirmations - Incorporates a range of games that enable children to confidently use positive affirmations and self-praise. As the children learn to speak positively about themselves endorphins are released producing a feel good factor. These enjoyable games and exercises include the use of affirmation cards to encourage the development of positive neurological pathways and promote improved self confidence and self-esteem.

Visualisation - Incorporates relaxation, guided imagery and visualisations through imaginative story telling. This section helps release physical and mental tension and gives children tools to deal with stress. Done regularly, these exercises can help relieve fatigue and promote deeper sleep while improving child anxiety. Improved deep sleep and general relaxation improves concentration, listening skills, and memory retention whilst expanding the child's imagination and creativity.

The Relax Kids Programme is the UK's leading expert in Children's Relaxation - Highly Recommended" - Daily Telegraph



Nurturing the Potential of Teachers

Professional development is essential for the progression of all staff; equally as important is staff well-being. In order for staff to nurture the potential of the children in their care they need to be engaged and fulfilled themselves. Through a series of three workshops staff identify the importance of their well-being and explore ways to flourish.

Workshop 1: Staff are introduced to Martin Seligman's (inventor of positive psychology and a major figure in the well-being research) PERMAH model. Seligman believes that these five elements can help people reach a life of fulfilment, happiness and meaning. Staff explore the five core elements of psychological well-being and happiness.

Workshop 2: Staff learn that optimism is a habit that can be learnt and explore the four basic skills of optimism. Staff examine their explanatory styles and gain an excellent understanding of how this affects their thoughts, feelings and resultant behaviour. They consider the effects of their use of language on thinking, emotion and physiology.

Workshop 3: Having completed a VIA skills character strengths survey to discover their unique range of strengths; staff consider how they can maximise the use of their strengths to enhance their own well-being. They then work as a team, discussing their individual strengths and how they can use them to enhance whole team well-being.

Throughout the sessions staff discuss the importance of social investment and positive social interactions. They explore the importance of gratitude and kindness for well-being and identify how they can develop practices at work.

Bespoke training can be developed to produce a tailor-made programme for your school. Please enquire for more details.

1:1 strengths coaching is also offered for staff to support their individual development.



Nurturing the Potential of Parents

Mindful Growth Mindset Parenting.

A Programme of three inspiring Workshops for Parents to join their Child's Mindful Journey to the Growth Mind Set.

These workshops give parents strategies to develop the use of process praise, enhance the acceptance of mistake making as learning opportunities, seeking challenges and understanding the role of the brain in emotional regulation. Showing your children that you are excited by challenges, see mistakes as learning opportunities, and understand the value of practice and trying different strategies will go a long way in cultivating their growth mindsets!

"If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence." Carol Dweck

Optimistic Parenting.

A Programme of two thought provoking workshops.

Parents learn that optimism is a habit that can be learnt and explore the four basic skills of optimism.

Parents explore how these skills can be used with their children in practical ways to achieve greater optimistic thinking and behaviour for both themselves and their children.

"Optimism is the Faith that Leads to Achievement" Helen Keller



claire@nurturemypotential.co.uk

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07772644660