



ELEVATED MINDS IDENTITY PROJECT

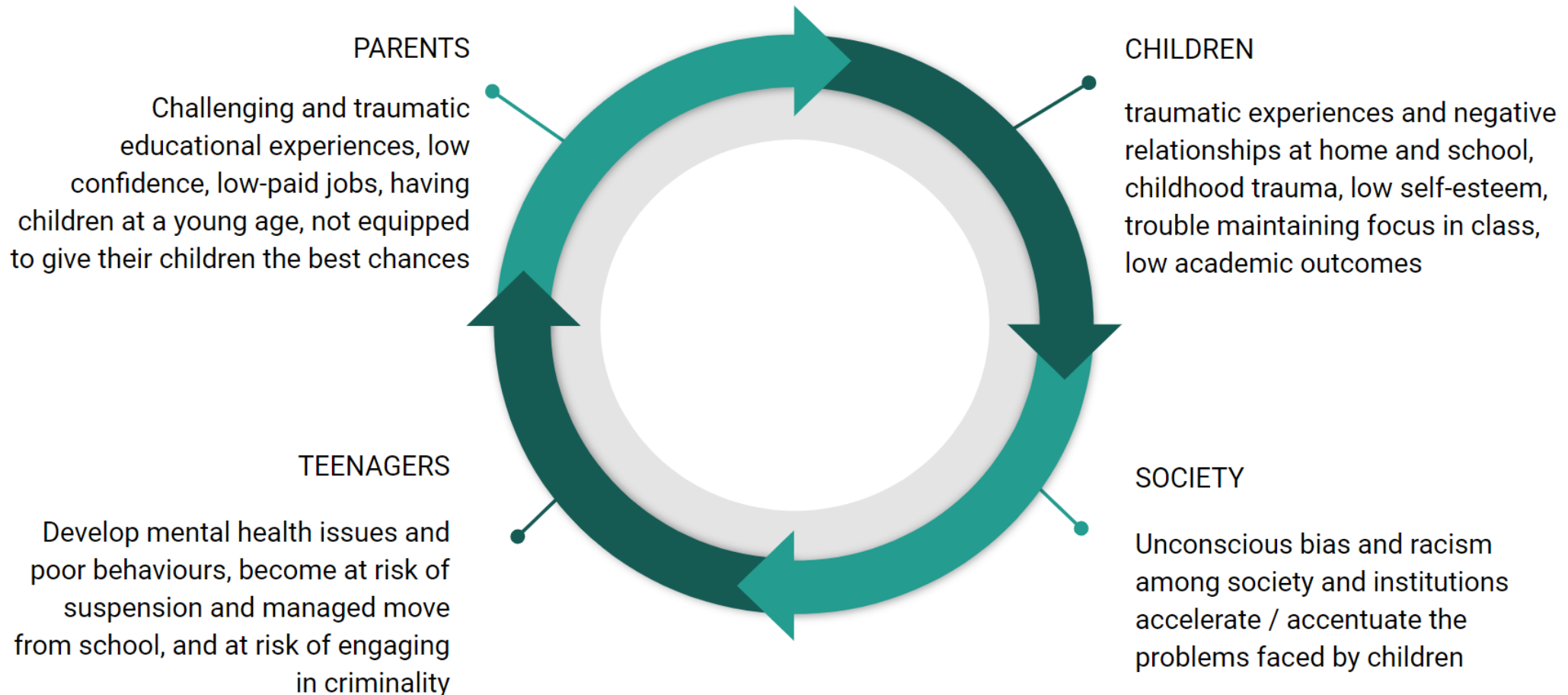
A life changing opportunity for the young people,
their school and their families



THE DIAGNOSTIC

Young people are caught in an intergenerational vicious circle

Their family background and the society influenced who they believe they are, and as they become teenagers, their situation worsens and they set to follow the wrong trajectory.



WHY IS ELEVATED MINDS – IDENTITY THE RIGHT ANSWER?



We specifically work with young people at risk of becoming involved in crime. Our participants come from low-income background in predominantly black communities. We specialised in accompanying young people:

- who have a negative attitude towards the education system
- who experience low self-esteem
- who are at risk of or have been permanently excluded from mainstream schools
- who believe that they are incapable of academic success or academic progress

Elevated Minds - Identity takes them on a **life-changing journey**, that increases motivation and aspirations, changing worthlessness into success. Through coaching and personal development workshops, we empower young people to have more autonomy over their lives, develop their emotional intelligence and overturn their relationship with the school and their families.

We also empower the teachers to better support their most vulnerable students. By equipping teachers with basic coaching skills and helping them uncover their own unconscious bias, we ensure they are accelerating the positive change we see in the participants, and help them sustain this change along the year.

OUR IMPACT



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Since 2019, we have worked with **175+ students** in **8 schools**

80% of the students reported they are more **self-confident**, and feel they are **progressing**

73% of the participants have developed **healthier habits**, and 48% are more involved in hobbies

53% of the students showed **progress in Attitude** to learning

Sanctions are **divided by 2**

“The life coaching has made me understand myself and I have become a lot more confident. My nan has noticed the change; after my 8th session she said that I have made a massive improvement”

Sharla, 17



THEY SAY IT BETTER



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Joanne Taylor
Chief Executive Officer
Canary Wharf College,
London

*“At Canary Wharf College we started a programme for 16 of our pupils **who struggled to attend school and focus in class**; their behaviour was disrespectful to adults and disruptive to other pupils. They struggled to manage their own emotions and instead of seeing a future full of prospects and adventure, they only had permanent exclusion to look forward to.*

*Thanks to the work of Elevated Minds **we have seen a spectacular change in all the students**. They have learned to regulate their emotions, to better control their reactions. Their sanctions have significantly reduced and some of them are now transitioning back to class.*

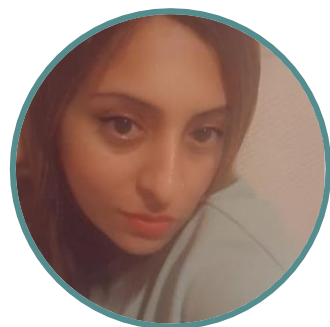
*All of the pupils have made significant progress in their relationships with adults and each other. They are so much better at staying calm in situations where previously they would have exploded. **Most importantly they are now talking about what they will do next year, and their aspirations for life.***

As a school we could not have achieved this without the incredible support of Elevated Minds, their IDENTITY project and the one-to-one coaching. It has been an indispensable support and we are extremely grateful for it and the impact it has had.”

THEY SAY IT BETTER



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Emma Jayawardene

Head of DT

Queens Park Community School, Brent, London

*Prior to the project many of the participating children **were unable to self-regulate** their emotions, due to both external and internal **traumas**. The **IDENTITY** Project allowed the children to **work independently and within teams**, to contribute to group discussions and develop their listening skills. Children gained a **deeper understanding of the world** around them, how to navigate it and fortified their understanding of **empathy**.*

*Taking part in the Identity project enabled me to **understand more about myself, my emotional intelligence and my values**. It helped me to **set realistic goals**, and improve my **communication skills**. It made me able to **accept who I am**. I was able to **earn an extra GCSE** which was a big highlight for me!*



Alessandro Quao

IDENTITY participant

Programme delivery



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We propose to deliver the IDENTITY Programme to 21 students in your school, over a full term of the school year.

- ✓ 9 weekly personal development class-based workshops covering:
 - ✓ Identity and self image
 - ✓ Emotional intelligence
 - ✓ Goals and aspirations
 - ✓ Positive behaviours and boundaries
- ✓ 5 fortnightly individual coaching for 10 most in needs students
- ✓ 1 day teachers training on basic coaching skills and unconscious bias
- ✓ 1 group session with parents

IDENTITY programme supports the PSHE curriculum and British Values

This programme can be run on any term of the school year.



OUR TEAM OF EDUCATION EXPERTS



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Doreen Sinclair- McCollin
CEO and Founder

Doreen is a creative professional who has held various positions within the education sector for the past 30 years. Her work with young people is phenomenal, both within mainstream settings and a number of alternative provision settings.

Doreen works closely with parents, which she believes is essential as it significantly impacts their child's attitude toward their learning, self-confidence and self-esteem.



Akeila Browne
Director of Coaching, Development and Training.

Akeila has a wealth of experience in coaching, as well as qualifications in Neuro-Linguistic Programming, life coaching, hypnosis, career guidance and development and has completed an MA in Coaching at the University of Warwick. She specialises in helping clients to overcome mindset blocks and become more connected to their genius, resulting in a greater impact, presence and higher performance.



Simon Campbell
Project Manager

Si has over 15 years experience in the education sector where he taught Mathematics, was head of year and Pastoral Manager in inner city schools in Birmingham. Si is passionate about supporting young people to live a life where they are reaching their potential, whether they are at risk of exclusion, gifted and talented or anywhere in between.

GET IN TOUCH!

Let's discuss how we can tailor our services to support your specific needs, or sign up to one of our FREE taster sessions available in Birmingham and London!



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We envision a world where young people and their families are equipped and empowered to know who they are, identify their purpose and raise their aspirations.



TASTER SESSIONS

FREE 90-minute session to introduce your students to the power of emotional resilience, which equips them to better manage school and other stressful life experiences.

These taster sessions are specifically designed for students to:

- *Equip* young people with the ability to overcome challenges within the classroom environment
- *Teach* young people how to manage exam and course work pressure
- *Elevate* their minds and see past their limitations