

Behaviour and Resilience Mentoring Programme

Building social and emotional resilience to tackle learning barriers



Dear Parent,

About Think for the Future

We have been operating since 2012, delivering our Behaviour and Resilience Mentoring Programme in secondary schools across the East Midlands. We work with national organisations to ensure our services are of the highest quality and deliver effective outcomes, adding significant value to every school and organisation we work with and enabling them to achieve targeted outcomes. Our mentors work with students to increase school engagement and equip students with the resilience and mindset to succeed at school.

Mentoring Programme

We will be running our mentoring programme within your child's school and would love the opportunity for your child to be involved with the work we are doing.

In short, our mentors will be running group-based sessions weekly (typically for a full academic year). Our mentors are positive role models, who are passionate about working with young people. The mentors deliver our curriculum based on the topics outlined below; ranging from tackling challenging behaviour to raising aspirations and careers. We tailor the sessions to the needs of your child, providing tools and techniques to build social and emotional resilience to help the pupils to achieve their full potential at school.

Tackling Challenging Behaviour	Creating a Positive Mindset	Raising Aspirations
<ul style="list-style-type: none"> Controlling Emotions Outburst Control Actions Have Consequences Appropriate Emotion Release Respect De-escalation Improving Concentration 	<ul style="list-style-type: none"> Building Resilience Raising Self-esteem Healthy Relationships Positive Thinking Grit and Determination Effective Communication Empathy Building 	<ul style="list-style-type: none"> Goal Setting Motivation & Willpower Positive Social Media Use Overcoming Social Barriers Values, Culture & Beliefs Achieving Your Dreams Leadership & Teamwork

Feel free to get in touch with our organisation if you have any questions and we will be happy to speak with you!

Kind regards,

Think for the Future Team