



ASCEND PERFORMANCE  
COACHING

# Build self-awareness, self-worth & self-confidence

A COACHING & LEARNING INTERVENTION FOR  
TEENAGERS

## Ascend Performance Coaching

IN COLLABORATION WITH

**Mindscreen**<sup>®</sup>





ASCEND PERFORMANCE  
COACHING

# Unlock potential, identify strengths, open minds

Mindscreen® is a complete programme made up of a personalised, 15 page Mindscreen® Profile per student, ten lesson plans with learner diaries, four guides for students and additional supporting documents for parents and carers.



## Why?

- Children with high levels of self-esteem and self-confidence are more successful in all areas of life
- More children than at any time in the past are struggling with their mental wellbeing.
- Personal development is the key to building resilience and looking forward to your future.

## Is this you?

- Your child is struggling with their to see their own worth and find their place in the world
- You want a solution that has a long term impact
- You want your child to perform at their best and get the most out of life.

# What will be covered?

- Self-awareness - your child will become aware of their natural behaviours and how others see them
- Self-belief - they will learn about beliefs, how they are formed, how they can help or hinder them and how to start changing unhelpful ones
- Self-confidence - they will learn how self-confidence shows through body language and how to build and project self-confidence
- Skills - they will start understand the skills they have and how they use them
- Study choice - they will discover which subjects to study that line up with their skills, interests and values
- Career choice - they can begin to identify career options they are likely to enjoy, recognise the importance of taking action to achieve their goals
- CV - teach them how to learn to write a personal statement and CV that describes them, using their new knowledge from their Mindscreen® Profile
- Success - discover the 'success recipe' and start setting some goals
- Future - build their goals and future plans
- Final Feedback - review their progress through the programme
- Check up after 8 weeks to track and review progress and identify areas where a boost is needed





ASCEND PERFORMANCE  
COACHING



# How does it work?

## Step 1:

Book in for an enquiry call to have a chat about the programme and then decide if it's right for your child or not.

## Step 2:

Ensure that your child is on board then decide how you want to proceed:

A. Have Vicky coach your child through the programme - book your child in for a chat with Vicky so they can check they like her before starting the programme.

B. Complete the programme with you supporting your child - create your account on the Mindscreen® website so you can access all the resources and mid programme reviews.

OPTIONAL - Book a 1 hour 'Getting Started' Zoom call to help you interpret your child's report and check you are happy with the resources.

## Step 3:

GET STARTED!

# What's included?

- A personalised 15-page report per child
- 10 Lesson plans
- 9 Learner diaries or log books
- 2 mid-programme reviews to show progress
- Lots of additional resources to support parents and carers
- Option A - your own Mindscreen® account, so you can access all the materials, report etc.
- Optional 'Getting Started' Zoom call to help you interpret your child's report and check you are happy with the resources
- Option B - Vicky coaches your child and provides support as they progress through the programme via Zoom.





# Investment

## OPTION A

### **1:1 Coaching Programme - £690**

(or £230/month for 3 months / £115/month for 6 months)

*INCLUDES - 13, 40 minute coaching sessions via Zoom, profile report, guides and booklets*

## OPTION B

### **Mindscreen Profile - price depends on quantity purchased**

(1 child - £59.95 / 1 children - £89.95 / 3 children - £119.95)

[VISIT MINDSCREEN  
WEBSITE](#)

**1 hour 'Getting Started' Zoom call - £75**

# Who are Ascend Performance Coaching?

Vicky is Chief Mindset Revolutionary at Ascend Performance Coaching and she specialises in Emotional Intelligence.

She is a multiple award-winning coach, mentor, trainer and speaker with a passion for helping teenagers revolutionise their mindset, enjoy life more and perform at their best. Vicky is very excited about this collaboration with Gavin Devereux and his amazing Mindscreen® Programme.

## Why work with Vicky?

- Fully qualified teacher and EFL teacher
- Award Winning Mentor - Career Ready Mentor of the Year 2020
- Career Ready Mentor since 2019
- Mental Health First Aider - accredited by MHFA England
- DBS Enhanced Certificate
- Fully qualified and insured coach
- Proven results





ASCEND PERFORMANCE  
COACHING

Mindscreen

## C O N T A C T   D E T A I L S

Vicky Henderson  
Chief Mindset Revolutionary

[vicky@ascendperformancecoaching.com](mailto:vicky@ascendperformancecoaching.com)  
[www.ascendperformancecoaching.com](http://www.ascendperformancecoaching.com)  
+44 (0) 7975 742 975

Book an enquiry call now here:

[https://calendly.com/ascendperformancecoaching  
/enquiry-call](https://calendly.com/ascendperformancecoaching/enquiry-call)

Why not also take our quiz about how happy you are with the mental health or your child. You will receive a report with helpful suggestions, your child can also complete it and get their own report. complete with a link for some free resources to help them dip their toe in to personal development, find out what coaching is like and start improving their mindset. It may also help them come round to the idea of engaging with the programme if they are reluctant.

[TAKE THE QUIZ](#)