



ASCEND PERFORMANCE
COACHING

Build self-awareness. self-worth & self-confidence

A TEACHING & COACHING INTERVENTION FOR
SECONDARY SCHOOL PUPILS

Ascend Performance Coaching

IN COLLABORATION WITH

Mindscreen[®]





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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 teachers, support staff, parents and carers. As well as a full day inset to train those delivering the programme.



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?

- You have students who are struggling to see their own worth and find their place in the world
- You want a solution that has a long term impact
- You want all your students to perform at their best and get the most out of life.

What will be covered?

- Self-awareness - students become aware of 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





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How does it work?

Step 1:

Book in for a demo and chat about the programme and then decide if it's right for your school or not.

Step 2:

Create your Mindscreen® Account and purchase your first block of profiles.

Step 3:

Book in the inset day - this will be an interactive day with each participants getting their own Mindscreen® profile.

Part 1 - We start with an insight into what the profile is showing and how to interpret it along with a short session on how the mind works and why developing Emotional Intelligence is so important.

Part 2. - We work through the lesson plans and learner diaries, this not only allows the participants to understand their own profile but also to experience what they will be taking their students through.

Step 4:

Register your students and get started unlocking potential, identifying strengths and opening minds.

What's included?

- Full day inset so the staff delivering the programme get the full Mindscreen® experience
- Your own Mindscreen® Account so you can manage your students independently and access all the resources
- A personalised 15-page report per student
- 10 Lesson plans
- 9 Learner diaries or log books
- 2 mid-programme reviews to show progress
- Lots of additional resources to support teachers, support staff, parents and carers
- Vicky on hand to provide advice and support when needed throughout the time you use the programme





Pricing

Inset Day - £700

(including travel up to 70 miles each way and printed resources for up to 10 participants)

Additional printed resources - £10/participant

Mindscreen Profile - price depends on quantity purchased

(£249.95 for 10 profiles / £759.95 for 40 profiles / £1499.95 for 100 profiles etc.)

[VISIT MINDSCREEN
WEBSITE](#)

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





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C O N T A C T D E T A I L S

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Book your demo here:

<https://calendly.com/ascendperformancecoaching/mindscreen-demo-call>

Why not also take our quiz about how happy you are with the mental health of the children in your school.. You will receive a report with suggestions, it can also be shared with parents, carers and students. Free resources available for students available via a link in the report.

[TAKE THE QUIZ](#)