



develop *your child*
...unleashing the potential in young people and families

Discover Your Genius Within Programme Course Outline

This is an experiential life changing experience for your students and probably yourself!

We see the lack of self-esteem being the fundamental element of the breakdown of our society and disadvantaged young people are the most vulnerable. Their vulnerability is exacerbated by the lack of personal development in the statutory curriculum.

Over the last 14 years as a personal development coach I've co-created an evidence based programme to empower disadvantaged children and families, where Canterbury Christ Church University, in a 56page evaluation stated: *"The evidence gives a strong message that as a society we are underestimating children. When listened to, understood and empowered, they need not be passive recipients of 'behaviour training' but can contribute to loving, caring and the building of positive relationships in their own families and communities."*

The foundation of our programme is helping participants trust their intuition and gut instincts, which incidentally has become more of an accepted modality in professional coaching and as such gives access to one's innate abilities and wisdom.

Every child individually has uniqueness, what we've done is make it tangible – a Genius Gene. Your Genius Gene can access your innate abilities with a combination of powerful evidence based techniques, including mindfulness. There's a spark of realisation - you have all you need inside.

"The more you like yourself, the less you are like anyone else, which makes you unique"
Walt Disney

With so much pressure on young people at home and school we need to empower them with personal development skills that they don't get anywhere else, see our Learning Framework <http://developyourchild.co.uk/wp-content/uploads/2016/04/DYC-I-f.pdf> . To unleash their full potential they need to create a growth mind-set, become emotionally resilient and self-manage, it's the core of this programme.

A confident self-aware student is more resilient to bullying, manipulation and abuse, they are more likely to attend, attain and achieve their full potential and also to contribute to the school community.

Each of this 6-lesson spiral curriculum includes a PowerPoint, lesson plan and resources, we cover:

- Reactive behaviours – how students can get off the hamster wheel and manage themselves.
- Power of Thought – when students change their thoughts, feelings and emotions they can create a different reality and growth mind-set.

- Success diary – when students focus on their successes more of them will appear in their life.
- Levels of Listening / Connection – students will understand the power and sensitivity of energy and how it impacts on their life.
- GROW model – a goal setting process to facilitate the students ability to step out of their comfort zone.
- Create a Resourceful State – by practicing these techniques students will be able to re-create their most resourceful state at will.
- Sustainability – students measure their progress and create their own sustainability strategy.
- Responsibility – students will realise they can trust themselves and don't need anyone else to take responsibility for their life – they have all they need inside.

This 5.5 minute video <https://www.youtube.com/watch?v=Wjve2aO3GWM> will give you a greater understanding of the foundation of our approach.

Some feedback

“What I gained was more than just strategies to help my students transform their performance, I also experienced a growth in my own personal development that I know has made me a better teacher, able to connect with young people at a deeper level as well as develop the emotional resilience necessary for effective teaching.”

Mrs GS, Deputy Head of SEN school

"Having a knowledge of energetic connections has allowed me to communicate with my students on a higher level. By changing my thoughts and feelings I can influence the learning environment to be much more productive and positive. By using Alan's techniques my lessons are immediately more enjoyable for the students and for myself.”

Ms CW, an English teacher Secondary Academy

“We have been lucky enough to be part of the development of a coaching model to deliver a programme of personal empowerment to the heart of our school society. Although a very individualised approach, the essence and long lasting effects of this programme are like ripples of positivity that we have witnessed through noticeable improvements in family and school based life.”

AY, Vice Principal Secondary Academy

Whole School Peer Coaching

We have found some successful and inspired students want to motivate their younger peers with this approach, do you want help in developing a whole school approach?

To be more effective in your delivery to students, check out our Teacher version of this course <http://developyourchild.co.uk/personal/>.