



Strong Girls Can

Programme overview

This girls only CoachUnlimited programme for Key Stage 3 and 4 offers three or six days of personal development coaching, supported by a professionally trained coach, to help build mental strength, improve confidence and develop social skills while providing strong female role models. The small and close-knit groups mean everyone receives equal attention and varied approaches cater to all types of student.

The benefits of Strong Girls Can:

- Improved behaviour and attitudes to learning
- Embedding character education and British values
- Increasing confidence, self-worth and personal belief
- Fully bespoke programme tailored to the individual needs of the organisation/ institution.

“ Our main aim is to give pupils strong role models to ensure they strive to be the best version of themselves. ”

Teresa Hames, Director of CoachUnlimited

The **Strong Girls Can** programme includes:

- Assertive female mentoring
- Team-building
- Leadership and communication skills
- Character development
- SOW and lesson plans
- Reflection and celebration sessions
- Quality assurance visits.

Example programme:

SESSION 1:

Understanding and developing you

- Complete activities to help students assess themselves and receive feedback from their mentor
- Work alongside peers to begin to look at social skills
- Listen to inspiring role models talking about how they developed from school to present day.

SESSION 2: Being a female leader is OK!

- Understand what it takes to lead in an uncertain, fast-changing world
- Explore the specific challenges female leaders face and how to overcome them.

SESSION 3:

Driving personal change

- Understand the hidden barriers to change and how to overcome them
- Build a personal development plan to prepare for the next steps in their lives.

SESSION 4:

Developing a voice and driving success

- Master verbal and non-verbal communication, and hone their unique voice
- Learn how to effectively use relationships and mentors to help them succeed.

Programmes start from £300 + VAT per day.

For more information call Teresa or Rachel on 01455 393404 or email teresa@coach-unlimited.co.uk

The Strong Girls Can programme has been developed by CoachUnlimited, an educational PE company which has been providing high quality PE and sports provision across the Midlands since 2011.

CoachUnlimited has a flawless reputation with schools, activity providers, children and parents.



CoachUnlimited

www.coach-unlimited.co.uk