

I offer a range of services, including some free services, designed to support the **wellbeing and development** of **children and school staff**.

Bespoke packages can be put together to accommodate the needs and budgets of schools or clusters of schools.

See overleaf for more detail about the services.





Services Supporting Children

For Parents:

- **2 free workshops** about understanding and supporting anxiety in children (held at school)
- Free 1:1 30 minute **drop in sessions** (held at school or virtually)
- 1:1 and group sessions to **support parents to implement the S.P.A.C.E. Anxiety** (Supportive Parenting for Anxious Childhood Emotions) **treatment program**. This is a parent-based anxiety treatment program shown to be as effective as cognitive-behavioural therapy. More information about the program can be found here: <https://www.spacetreatment.net/>

For pupils:

- **1:1 coaching** for targeted pupils via Flourished Minds. Flourished Minds CIC works with schools to improve student attendance, behaviour and emotional wellbeing. As a Social Enterprise we are able to access grant funding to support our work in some cases. For more information contact Karen Cruise on karen@flourishedminds.co.uk or see the website www.flourishedminds.co.uk

For school staff:

- Training sessions on **using coaching skills** to understand, support and empower students to set their own goals, become reflective, and develop their emotional wellbeing, academic performance and behaviour.
- Training sessions to support schools to **implement the Collaborative and Proactive Solutions approach**: a neuro affirming and compassionate approach to supporting children with challenging behaviour, for whom traditional behaviour management techniques is not working.

Services Supporting School Staff

For school staff:

- **1:1 coaching** to support wellbeing, leadership and/or teaching and learning
- **Create a coaching culture in your school via 1:1 coaching and a coaching accreditation program**. This work is done via Leadership Edge. For more information, contact Catherine Hulme on info@leadershipedge.org.uk or see the website <https://www.leadershipedge.org.uk/>
- Training for leaders: **using coaching to support staff wellbeing**
- **Anxiety management course**: targeted support for small groups of school staff to learn the skills of cognitive-behavioural therapy and apply these to their own lives. This course is run by Samia El Osta, a CBT therapist and CBT skills trainer.



Katrina Batey



Reviews and Testimonials

From school staff:

"The CPD was really clear and thorough. All of my questions were answered, and the examples and role play were really helpful."

"Thanks to my sessions I have learned to control a lot of my anxiety, especially relating to work, by being more mindful of what it is that is causing me to be anxious and then setting goals and actions for preparing for each day/week to a level where I feel more at ease."

"The coaching sessions that I have shared have had an incredibly positive impact on my mental health. Katrina was able to make me focus on the aspects of my current life that I want to alter and made me feel that I am able to start to change things that I previously thought unmanageable."

From parents:

"We had tried two different anxiety courses and a psychologist to help our anxious daughter, but nothing was sticking as it fell on our daughter to do all the work. As parents, it was heartbreaking to watch our daughter limit her life to the point where she wouldn't leave the house. We were really losing our way and things were very tense at home. Katrina has a calm, supportive way of communicating and gave us a simple, clear path to follow. Within just a few weeks of working together, our daughter is much calmer, our relationship is closer, and she is managing her anxiety better. She is going on car trips, and enjoys eating again. All this progress and our daughter doesn't even know we had help! She still has a way to go, but I'm now 100% confident she will get there."

"Now (our daughter) is almost her own therapist. Telling herself she can do things, that she can manage, that she will be ok. She is doing well in school, managing friendship with all their ups and downs and becoming more resilient. She is happy, fun and seems free. Katrina has offered professional support but is such a warm and genuine person who shows true empathy and makes you feel empowered. I feel she has changed me as a person and as a parent. She truly is worth her weight in gold."

Qualifications, Skills and Training:

- Primary School Teacher and Deputy Head Teacher for nearly twenty years
- Master's degree in the Psychology and Neuroscience of Mental Health
- Parent coach & consultant for parents of anxious children
- Trained therapist of the Supportive Parenting for Anxious Childhood Emotions program (SPACE)
- Certified trauma-informed personal development coach
- Advanced Diploma in Mental Health and Wellbeing Coaching
- Mental Health First Aid trained
- Parent Consultant of the Goulding Method
- Safeguarding Level 1
- Enhanced DBS checked