

EISS mentoring

The Education Inclusion Support Service (EISS) is pleased to offer a new and exciting mentoring programme aimed at supporting pupils with social, emotional or mental health difficulties. Following research using experts from a range of educational and psychological disciplines, we have created a bespoke programme covering clearly structured modules of learning and development.

This programme has been carefully designed and will be further personalised to encourage pupil engagement and foster positive outcomes. The modules run over a minimum period of six weeks and encourages pupils to look at their barriers to learning and strive to meet their full potential whilst in education.

The sessions run for approximately one hour during a morning or afternoon; two students can be seen in one session. Progress, engagement and pupil voice are tracked and schools will be sent a report after the final session.

Our featured modules

- **Anxiety:** waves won't stop, learn to surf
- **Confidence and self-esteem:** I can do it
- **Anger and conflict management:** best fighter is never angry
- **Resilience:** self-discipline = freedom
- **Emotional literacy:** read feelings like a book
- **Relationships and friendships:** who's your team?
- **Relaxation and calming:** relax, recharge, reflect
- **Career progression:** create your future
- **Attention and concentration:** train your brain, don't miss a thing
- **Mindfulness:** am I aware?
- **Learning and study strategies:** five Ps - proper preparation prevents poor performance
- **Online safety:** surf the web, stay afloat

Mentor training

We are also offering an opportunity for school staff to be trained to deliver mentoring in their setting. Schools would be expected to research their own resources.

For further information about the programme and associated costs please email

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