



The Growth Pool  
FOR SCHOOLS



# WELL SUPPORTED SCHOOLS

An inclusive and integrative coaching-led approach  
to improving wellbeing for staff, parents and pupils

Reduce overwhelm and stress • Increase confidence and resilience  
Strengthen communication and relationships • Build skills, strategies and tools

# HOW CAN WE SUPPORT YOUR SCHOOL?

The Growth Pool provides supervision, coaching, counselling and group programmes that prioritise mental health and wellbeing and focus on each individual feeling **Well Supported**.

By supporting staff, parents and pupils with a consistent coaching-led approach, we are encouraging and enabling reflection, good quality conversations and growth at school and at home.

We take a partnership approach, working together with your school to identify needs, tailor programmes and develop bespoke support as required.



# OUR SERVICES

## FOR SCHOOL STAFF

### One-to-one Supervision

Professional supervision using a coaching-led approach, suitable for all team members. Enabling time for reflection, personal and professional development, exploring the personal impact of responsibilities and supporting mental health and wellbeing.

### Group Coaching and Training

Coaching-led workshop style sessions focused on topics identified by the school. Example topics include, but are not limited to: navigating difficult conversations; self-awareness and boundaries; strengthening communication and relationships; confidence; resilience; mental health; exploring tools and strategies to improve wellbeing and overcome challenges.

## FOR PARENTS AND CARERS

### One-To-One and Group Coaching

Supporting parents, caregivers and families to get the most out of family life.

## FOR PUPILS

### Social and Emotional Development Groups

Groups focusing on social and emotional development and resilience delivered through various methods, including Lego, art and crafts, discussions and role play. Topics covered are tailored to suit the needs of the children attending, some examples are: friendships, emotions, transitions and healthy relationships.

### One-to-one Counselling

Trauma-informed integrative or person-centred counselling for school pupils. We tailor our approach to the needs of the child or young person, including both talking therapy and working creatively. Our counsellors are trained to facilitate the 'making sense' of thoughts, feelings and emotions and to support children to manage external influences on them.

**Our services can be delivered together, separately, or in any combination to suit your requirements.**

# HOW WILL OUR SUPPORT MAKE A DIFFERENCE?

Our services enable the opportunity to build long-lasting skills and strategies to maintain and improve the individual and collective wellbeing of staff, parents and pupils.



**'This is what schools like ours  
have been waiting for.'**

Executive Head of a Community School



## We can help to:

- Reduce overwhelm
- Reduce tension
- Strengthen communication and relationships
- Increase confidence and resilience
- Increase self-awareness
- Increase self-compassion
- Set goals and put plans into action
- Build long-lasting strategies and skills
- Create environments for thriving

**This can  
lead to...**



**Improved  
individual  
wellbeing**



**Increased  
morale**



**Reduced  
absence**



**Improved  
productivity**



**Improved  
collective  
wellbeing**



**Increased  
engagement**



**Improved overall  
environment**

# WHY PARTNER WITH US?

## **Be part of our mission to normalise the access of proactive wellbeing support**

We believe support should be encouraged not only in times of extreme difficulty, but also for consistent and improved wellbeing and in order to be our best selves.

## **Encourage and enable reflection, good quality conversations and growth**

We believe that we all have the best solutions for ourselves if we are given the time to find them. We also believe that good connections and conversations lead to improved wellbeing and better outcomes.

## **Create a Well Supported School environment**

We can provide the safe spaces, resources and support to allow staff, parents and pupils to all feel Well Supported.



## About us

The Growth Pool is a Community Interest Company (CIC), wholly owned by our parent charity, The Parenting Project. Any profit surplus to keeping the cogs of The Growth Pool turning is donated to The Parenting Project to fund the essential family support work they deliver.

## About our parent charity

The Parenting Project provides Counselling, Family Wellbeing Support, Parent Mentoring and Therapeutic Groups. The charity has over 16 years' experience working with parents and families, including over 11 years working with children within the school setting.



"I get less agitated over little things.  
It has helped me relax and not be angry."

# Getting in touch

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We would love to hear from you. Please email [hello@thegrowthpool.com](mailto:hello@thegrowthpool.com) to start a conversation about how we can support your school.



## The Growth Pool

Development • Coaching • Training

A subsidiary of The Parenting Project



**thegrowthpool.com**

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