



OLLIE COACHING FOR SCHOOLS

Ollie Coaches North West

Joanne Lee & Lorraine Singleton

Joanne.lee@ollieandhissuperpowers.com, lorrainesingleton@ollienadhisuperpowers.com



BACKGROUND

Ollie and his Superpowers Coaching was developed by therapist and coach Alison Knowles whilst working in a school with a pupil in a stuck place.

In a flash of inspiration she reached out and gathered the 'angry' part of him into her hand and started talking directly with it and learned that this part was not angry but was instead vexed. The young man could not understand how or why he had been labelled angry and so could not engage with any process that started at that point. He could however fully engage and change from the basis of 'vexed'.

'There are no bad kids'

Thus the parts based coaching model was born with roots in NLP, CBT and play therapy. Ollie coaches are all trained personally by Alison in order to be able to enter a child's world without judgement or assumptions in order to discover the difference that makes the difference for each child (and adult!).

Alison has also written books and created dolls which can also be used in the coaching process or used just for fun!

THE WHOLE SCHOOL APPROACH

Ollie Coaching tailor makes programs for each individual school that it engages with, however the whole school approach runs through out.

Ollie Coaching can provide workshops and training for staff, teachers and parents so that the whole school can be engaged in the Ollie approach to well-being and emotional health. The coaching can be on a one to one basis as well as for groups and often starts with a school assembly where the concept of superpowers is introduced.

We have found that parents often want to get involved as well so that they can help their children navigate the complexities of emotions. We often expect children to change their emotions quickly and to control them. We also tend to label them for a child.

Ask a child where their brain is or their head or heart and they will generally know the answer. How about where their sadness is or their calm or excited? No, we don't know the answer to that question either, but we know that they are emotions and we know that their arrival in our feelings can sometimes be helpful and sometimes not.

How do you change that? The Ollie method is an easy to use way of helping understand and regulate emotions which in turn translates into behaviour changes.

‘Everyone is doing the best they can with what they have got’

Something must be driving a challenging behaviour and finding a benefit in it otherwise it would be easy to stop. Once these drivers have been addressed the behaviour will change.

For a child it could be something like the screaming tantrum gets them out of going to the supermarket and instead spend more time playing at home. Understanding the driver will change the behaviour.

BENEFITS TO THE SCHOOL

- Tailor made programs
- A variety of ways to access Ollie coaching either in one to ones, groups, training or workshops
- Addressing multiple audiences: children, staff, teachers, parents
- Suitable for all ages as the model can be adapted for an older audience. Small children (and many adults) love the idea of superpowers, older children and young adults may be more comfortable talking about parts in a more abstract way.
- Ollie Coaching is different from counselling. It is solution focused and aims to help a child help themselves and arm them with tools for life.
- The Ollie coaching model can be understood and used even by very young children who do not have the language capacity or understanding to talk and explain their feelings.

- The 'whole village' approach means that Ollie coaching can encompass parents, teachers and support staff to enable all adults in a child's life to speak the same language providing consistency and re-enforcement of the methods.
- The programs are short term however the benefits can last a lifetime. Ollie schools' programs rarely last more than six weeks during which the school will usually experience significant levels of change.
- Ollie coaching offers methods to develop emotional well-being in all children and adults as well as helping those children with greater needs in more specific ways.
- Books and dolls are available to introduce the concept and for teachers and parents to use in on-going ways
- Ollie Coaching offers schools support packages for assemblies and lessons to use throughout the school year.
- The journey starts with a free assembly either by Alison Knowles or a trained senior Ollie Coach.
- The Ollie Model will not label a child or seek to impose an external interpretation of their world onto them. Each child and adult is unique, their understanding of the world is also unique as is their place in it. It is the difference between being labelled 'angry' but being 'vexed'
- .Ollie Coaching has a set of easy to use measurables to show changes in emotional well-being.

BENEFITS FOR THE CHILD

- Ollie is easily understood by children and adults of all ages
- Children respond to the idea of emotions as superpowers quickly and easily
- The coaching model can help with all aspects of a child's life be it past trauma, anxiety, behavioral issues, fears, phobias, etc.
- Once grasped the concept of superpowers often spontaneously evolves for that child and becomes a tool for life.
- Ollie Coaching is unique in that even very young children can engage with the process and learn about emotions and how to manage them possibly even before their language and understanding has evolved to be able to explain how they feel and think.
- By taking the stance that there are no bad kids and that each one of us is doing the best that we can with what life has presented to us leads to a coaching model that is both empowering and long lasting.

- Ollie Coaching separates the child from the behaviour thus avoiding labels which can be internalized by a child at the level of identity e.g. I am an angry child compared with I am a person who feels anger in certain circumstances. This is a critical difference in approach which creates the leverage for deep lasting change.

OLLIE COACHES NORTH WEST

Ollie Coaches North West is run by Joanne Lee and Lorraine Singleton who have been personally trained by Alison Knowles in the Ollie method.

Joanne is an NLP trainer and practitioner as well as Ollie Coach with over 20 year's experience in the field of well-being. Joanne has many additional skills and training which link in with the Ollie methods and tools and is a skilled and engaging presenter of workshops and courses.

Lorraine Singleton is a passionate advocate of children's emotional and mental health and after a lifetime dealing with the public is now committed to introducing the Ollie method into as many organisations as possible as a way of improving emotional well-being and mental health.

All Ollie Coaches are supported by Alison Knowles who takes a personal interest in all school's programs.

All Ollie Coaches are required to participate in regular CPD and supervision and have annual DBS checks.

For more information...

Joanne Lee: T: 07887 802715; e: joanne.lee@ollieandhissuperpowers.com

Lorraine Singleton: T: 07565 497896; e: lorraine.singleton@ollieandhissuperpowers.com



www.olliecoachesnw.webador.co.uk

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