

## Case Study: A Coaching & Consultation Programme for Teaching Assistants

The 2015/16 Academic year saw the launch of a £24,000 mental health project funded by North Yorkshire County Council, aimed at improving self-esteem and wellbeing and closing the attainment gap in educational achievement for children from disadvantaged backgrounds. The ‘CTG’ project was rolled out in 12 schools within the ‘Star Teaching School Alliance’ (Star Alliance) and co-ordinated by Rebecca MCGuinn. Rebecca, who works as Wellbeing and Behaviour Specialist for Ebor Academy Trust, was commissioned by the Star Alliance to lead and co-ordinate the project.

The RWS team were brought on board to deliver a lively and interactive presentation to Teaching Assistants, Headteachers / SLT members and pupils involved in the CTG project, during their ‘Celebration Day’ in June 2016.

Rebecca, having secured funding for the CTG project to run for a second year, then asked the RWS team to put together a programme of five 2-hour workshops to be delivered to the CTG project Teaching Assistants from December 2016 to June 2017.



**Laughter Yoga with Frederika Roberts from RWS at the ‘CTG Celebration Day’**

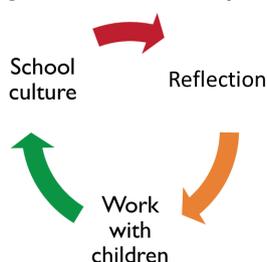


**RWS’s Elizabeth Wright sharing lessons learnt from her Paralympic success journey at the ‘CTG Celebration Day’**

The team created a bespoke programme, which they continuously reviewed and adapted as the year went on, to ensure it continued to meet the evolving needs of the group of TAs they were working with.

The aim of the 5-workshop programme was to cover three

essential strands to enable the TAs to maximise their effectiveness in their work with children, while also focusing on their own wellbeing; after all, how can they support children through challenging situations if they are not at their best themselves?



**RWS Teamwork activities at the ‘CTG Celebration Day’**

**The workshops were very successful in achieving the desired outcomes, with excellent feedback received from Rebecca as well as the attendees.**

The RWS Team are a power-house who bring boundless energy and in-depth knowledge to their workshops and presentations, as well as the ability to facilitate group sessions so everyone can share knowledge, expertise and best practice in a safe and supportive environment. It has been a pleasure working with them over the past year and I have no hesitation in recommending them to other schools / groups of schools to create and deliver bespoke programmes to enable their staff to be the best they can be at supporting children with their wellbeing so they can thrive inside and outside of school, while also ensuring that the staff themselves maintain their own mental health.

**Rebecca McGuinn**  
**Ebor Academy Trust Specialist for behaviour and wellbeing**  
**& Leader for restorative practice**

Tremendous energy, great resource bank & opportunity to share ideas with peers - has positively impacted on the work I do in school.

**Lucinda Shreeve**  
**Teaching Assistant, South Milford Primary School**

RWS are inspiring and motivating. They have shared fun and practical ideas for raising the subject of resilience with children and helping them to recognise their own strengths and goals.

**Helen West**  
**Learning Mentor, Barkston Ash Catholic Primary School**

Extremely supportive practical guidance to take back to my setting to use with individuals and groups of children I work with. Thank you.

**Sarah Slack**  
**Advanced Teaching Assistant, Tockwith School**

An inspiring training experience that works to increase reflection and well-being underpinned by a strong ethos of positive mindsets that promotes growth, resilience and success!

**Victoria Butler-Ellis**  
**HLTA / GTA, St Joseph's Catholic Primary School**