

H2M Report Queensbury Academy.

H2M Schools Programme

H2M Therapy through Physical Activities

The H2M Team would like to thank the students and all the staff for participating in the Health2Mind Workshops powered by Hear2Listen. It was a great pleasure to share Wellbeing Techniques with you. We wish you well for this academic year.

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Introduction

H2M is a Dual Emotional Resilience Motivational Programme that is being offered to Bedford and Central Bedfordshire education establishments powered by Hear2Listen. Hear2Listen specialises in programmes designed to increase confidence, boost self-esteem and improve well-being.

Students who maybe experiencing...

- Behavioural Issues
- Low school attendance
- Lack of engagement during lesson
- Social anxiety
- Poor communication skills

...benefit from the H2M Programme by developing key skills and techniques that enhance personal and academic performance and progress through using Neuro Linguistic Programming (NLP) and physical activity. H2M is based on the presupposition that the mind and body are linked. Making improvements to both, in tandem, increases outcomes in unison.

H2M supports the Ofsted requirements of addressing the health, well-being and personal development of students and provides a toolkit of skills to those students that may have challenges that affect their confidence and self-esteem. This, in turn, has a positive impact on students with these challenges engaging with education.

H2M is a holistic, school/college-based coaching and behavioural change programme aimed at vulnerable pupils. It is designed to help 8 - 19-year olds fulfil their potential by empowering them to adopt a mind-set for success.

H2M comprises of 8 workshops and is facilitated by experienced Hear2Listen staff.

The outcomes increase effective communication skills, self-awareness and confidence, all of which are stepping stones to success. This provides students with a variety of tools that enable transitions into adult life. The report outlines the findings from the Queensbury Academy H2M programme delivered from November 2018 to February 2019.

H2M Programme

Nationwide, it has been recognised that the physical, emotional and mental well-being of students has a huge impact on learning outcomes and attendance. Hear2listen has developed a programme called Health2Mind which is centred around improving the mind through physical activities while incorporating NLP techniques.

The programme works with young people over an eight-week period with weekly sessions based around our 6 key principles: - To improve confidence, raise self-esteem, channel aggression, build resilience, reduce stress and manage anxiety.

Taster Session – Introductions, boundaries, intentions.

Session 1 - Limiting Beliefs – Recognising how your limiting beliefs impact decisions.

Session 2 - Pace & Direction – Raising awareness of self and others.

Session 3 - Balance & Harmony – Identifying how balance and trust have key benefits to success.

Session 4 - Moving towards / moving away - Exploring personal goals, analysing whether they are moving towards them and identifying any barriers.

Session 5 - Clearing the way - Recognising what is standing in the way of success and exploring methods to overcome obstacles.

Session 6 - Self-belief, confidence-building – Valuable skills to help young people believe in themselves, building resilience

Session 7 - Stand strong – Teaching skills for life so young people can recognise and manage difficult times and overcome obstacles. Understanding that their choices shape their future (i.e. education or employment choices).

Session 8 - Mental Health – Looking at the stigma surrounding mental health and becoming more comfortable with discussing their own mental health.

About the participants

The outcomes of H2M are based on self-reported data that has been collected at the start of the programme and at the end of the programme along with supplemented feedback from students and staff. The students participated in surveys answering questions to give indicators to their confidence and self-esteem.

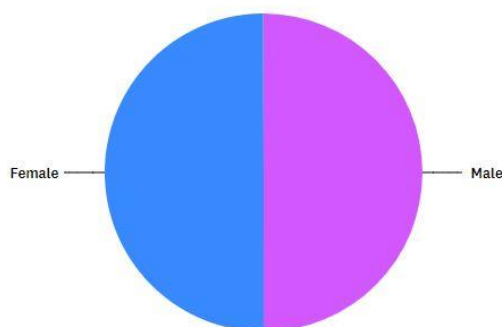
Our programmes uses a range of coaching and behavioural change techniques including:

- Gestalt Therapy
- Protective Behaviours
- Cognitive behavioural approaches
- Linguistics and behaviourism
- Motivation and inspiration



Students were selected to participate in the H2M programme as a package to support students in Year 11 who experienced exclusion, behavioural, stress and anxiety issues. The programme was implemented from November 2018 to February 2019.

Some of the students at Queensbury Academy are on a revised timetable to support their Individual Education Plan. Some students had previously been suspended, some identified as having social anxiety, past trauma events and have experienced challenges around their mental health.



10 Students were recruited by Queensbury Academy with 5 boys and 5 girls aged between 15-16 and given the opportunity to participate in H2M Emotional Intelligence Programme for 8 sessions

In total 10 students took part in the H2M Programme with 8 completing all 8 sessions and all 10 receiving Health2Mind certificate's for engaging in both the physical activities as well as the mindfulness sessions.

H2M Data

The data collated to measure H2M was gathered by a self-evaluated questionnaire. Each student completed the questionnaire at the start and the end of the programme. H2M is an emotional intelligence programme designed to improve confidence and self-esteem. Low self-esteem can be described as going through life with the handbrake on. This also includes have a desire but not enough resources to motivate your drive and passion.

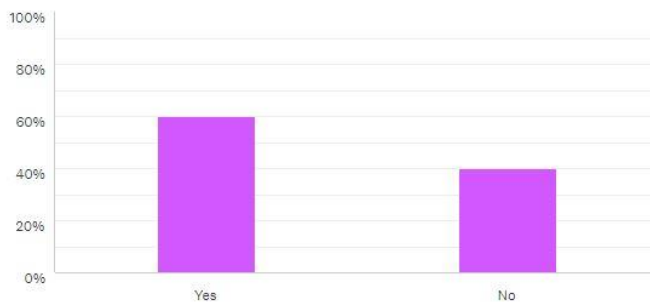
In todays society we are seeing an increasing number of young people displaying key features of low confidence and self-esteem. Those that are successful appear to demonstrate high levels of confidence and a healthy love for themselves and others.

This group has a mix of learning styles (visual, auditory and kinesthetics) as well as having varying learning needs which included social anxiety, low attendance, lack of concentration and ADHD. It is very likely that these issues had an impact of previous academic performance.

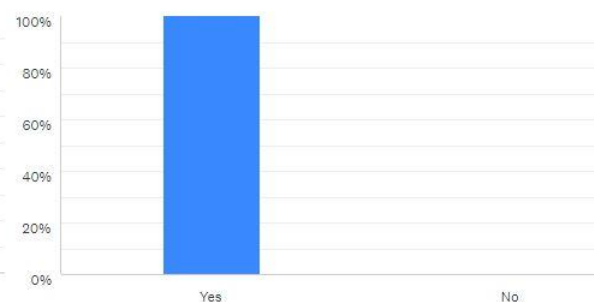
Group analysis

- **Have you taken part in any Positive activities in school or out of school in the last 3 months?**

Baseline



Post Baseline

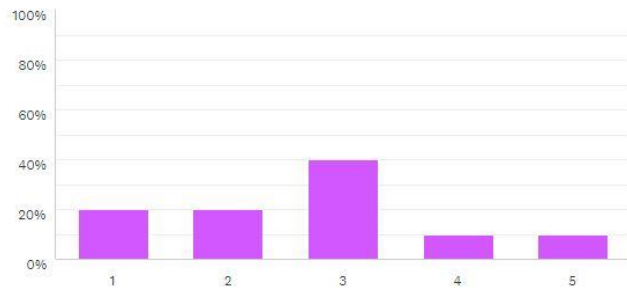


At the start of H2M 60% of students were already engaging in a sport activity. By session 8 the remaining 40% of students all engaged in a positive activity in and out of school. These activities consisted of Football, Netball, Martial Arts and Health2Mind sessions.

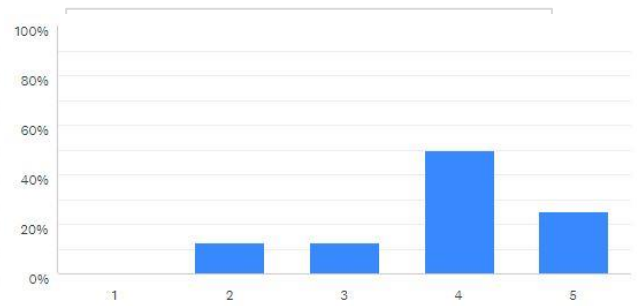
Research suggests that positive activities can reduce stress and improve your mental health & wellbeing. This also helps to increase focus and concentration.

- Confidence

Baseline



Post Baseline

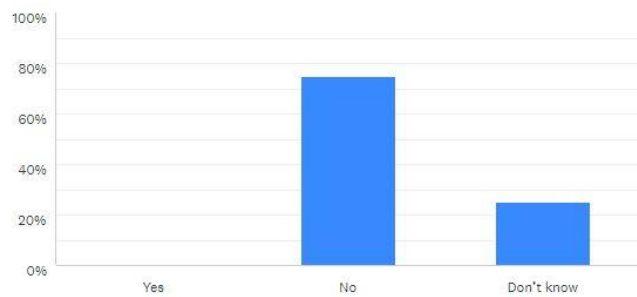
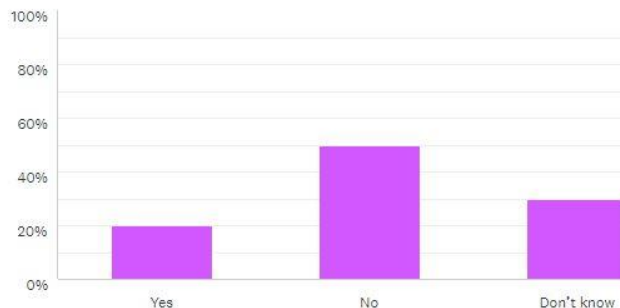


Baseline

Post Baseline

The average score for the group was 3 out of 5 for confidence at the start of H2M. Combining NLP with physical activity, the students were able to identify areas that they were good at and transfer those skills into other areas in life. By session 8 all student's confidence had increased with the average score being 4 out of 5 with 2 students reaching a score of 5 out of 5.

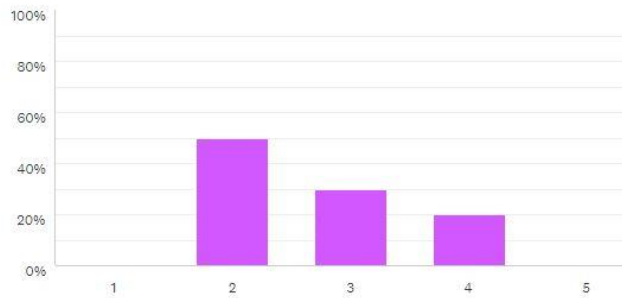
Do other students often get fed up with you and stop being friends with you?



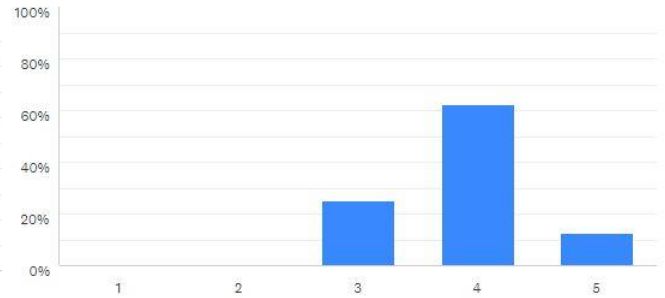
When experiencing low self-esteem and a sense of academic failure we often see a rise in breakdown of peers relations. This can be for many of reasons, some of which we discussed and reflected on. E.g. How our behaviour and emotions can cause others to turn the other way and no longer want to support or be friends with us. 2 students felt that their peers often got fed up with them, 3 students were unsure and 5 students said no. By the end of our sessions on H2M and after putting some of the practices in place in regards to our emotions our behaviours and our actions and how this can impact others. The results were proven to have a positive effect on the students friendships and relationships with an increase of 6 students no longer experiencing this and 2 students still unsure.

Self- Esteem & Personal Well-being Data

Baseline



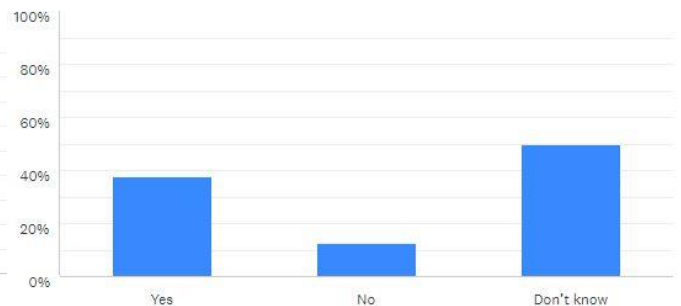
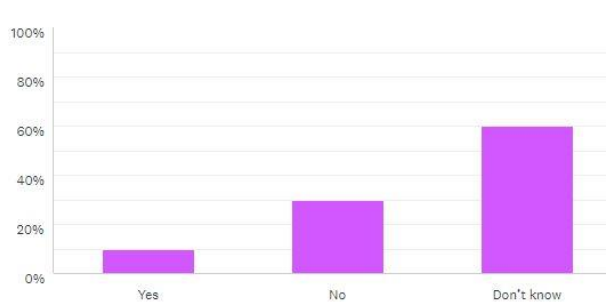
Post Baseline



There is a general agreement that our personal self-esteem is a measure of the mental picture that we hold of ourselves. H2M uses a Self-Esteem Scale, measurable by self-report testing. The Highest measure is scored at 5.

50% of this group scored 2 indicating that their self-esteem rating was below an average level. 3 students scored themselves at 3 and 2 students at 4. By the last H2M session there have been increased for all students with the average score of 4 putting the students at the scale end of higher self-esteem. 1 student scored themselves at 5.

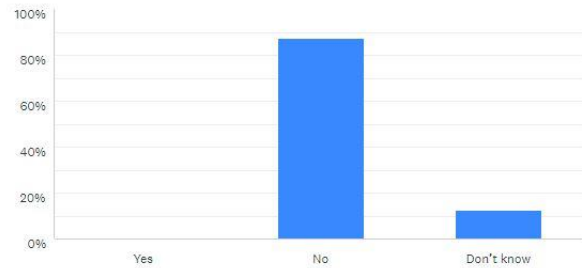
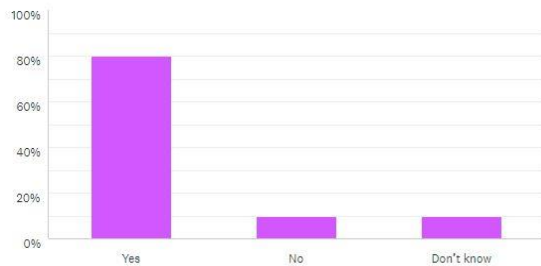
- Do you feel your parents/guardians usually like to hear your ideas?



Children thrive when parents actively promote their growth and development. However, we all know that sometimes this isn't the case and sometimes the support isn't in place or, if it is in place, the students may not feel or see that it is. This can be for a number of reasons and can often be down to lack of communication within the family (household).

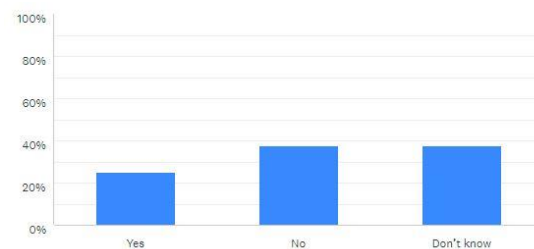
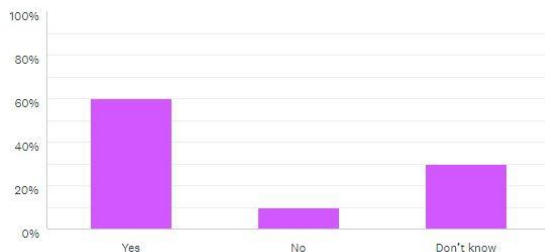
After exploring things such the stresses of life, work, family, education and relationships while acknowledging the impact that they can have on a family (household) on a daily basis, the students were able to understand their own personal support network. Furthermore, they were able to express their feelings and share their ideas with parents and guardians. By the end of our sessions we can see that there was an increase in students feeling like their parents/guardians liked or showed interest in their ideas which meant a decrease in 'NO' and a slight rise in 'DON'T KNOW'.

When you have to say things in front of other students, do you feel foolish?



In session 3, we worked on public speaking, body language and presenting skills. We often get students claiming they have all the confidence they need. It became clear that those that had claimed confidence were still unable to present or speak to the group without inappropriate content being added as well as laughing and unengaging behaviour. After some work in pairs and gradually moving into group work the results were outstanding and the results above demonstrate how far the group had progressed with public speaking and presenting skills. This then helped boost confidence and self-esteem and had a positive 'knock-on' effect on group moral.

Are there lots of things about yourself you would like to change?



60% of the group were unhappy with themselves and wanted to make changes. When discussing these changes in group discussions we established that these changes were both academic and linked to body image. We discussed topics such as social media and the use of filters and photoshop, establishing that a lot of what we see on a daily basis is false, which can make us all feel inadequate and unattractive. We discussed becoming comfortable in our own skin and comfortable with our current ability to learn and grow. We emphasised we all have different ways of interacting with the world and learning.

After our last H2M session we have seen a decrease down to 25% in wanting to change. When we looked into this and spoke to the students individually we found that some had wanted to change their approach towards education and felt they had done so over the course of the programme. Others wanted to change appearances and body image but were now happy and willing to do this without the idea of any cosmetic surgery. Instead they were willing to use health related fitness and a healthy balanced diets and choices.

Conclusion

8 students completed the H2M Emotional Intelligence Programme at Queensbury Academy before taking their final exams. Students who completed the programme developed improved outcomes on 4 or more of the below baselines:

- Confidence
- Positive Activities
- Personal well-being
- School attendance
- Self-esteem

As a result, the students are more driven; choosing to take actions that will shape their futures.

Despite some previous challenges the group have demonstrated the tenacity to see things through and overcome any obstacle that may arise but also to take responsibility for their own actions. This also allowed students to increase their resilience and improve their sense of self.

It is strongly advised that students practice and use the techniques they have learnt in during H2M in order to establish lifelong healthy habits and to remain resilient to the risks around them now and in the future in relation to social media trends and social/physical activities.

The students are at an age where they are moving onto exploring relationships and covering healthy relationships was beneficial for both boys and girls. The learners openly discussed topics that concerned them and explored their own personal experiences.

During the programme, openness and trust increased with students improving their levels of confidence and esteem.

Significant improvements in the quality of friendships and preparing for life after school while taking on new challenges occurred with tis group with some even interested in the National Citizen Service (NCS). Many were motivated to gain more experiences to add to their CV's as an avenue to building on their self-perception and self-worth.

Feedback gained from pupils indicated that they don't put themselves down anymore and were able to express their concerns more openly, state constructively how they felt and that they now felt confident when talking with others (whether they knew them or not). Although some still worried, being able to talk about their fears meant their problems were resolved quickly; and being listened to was important for them.

Some final words from the Students

“It actually changed my life”

“H2M gave me the confidence to speak in front of people”

“I have never really enjoyed physical activities but I really enjoyed this”

“I learnt lots about myself and others”

“I think everyone should do Health2Mind”

“The best thing about H2M is that I have started working on my own foundations and not other people’s”.

“Really good but I wish it was longer”.

Some words from the team at Health2Mind

I would like to say a huge thankyou to those who attended our Health2Mind programme. After working closely with the team and concentrating on the principles of H2M we were delighted to see the dedication and commitment shown from the students of Queensbury Academy. We are hopeful that the skills they developed and the learning they gained will anchor them into a strong foundation. We are glad to have helped students build on their resilience and combat their limiting beliefs as they continue with their education and future careers. We wish you all the best and look forward to seeing you all go on to do amazing things.

All the best

Max Gibson

& the team at Hear2Listen – Health2Mind

