Dear Parent,

PERSONALITY PROFILING AND LIFE COACHING PROJECT AT COPTHORNE PREP

I would like to:

- Introduce myself,
- Give you some information about the Behavioural/Personality Profiling and Life Coaching Project for Year 7's – its aims, and how it will work.

My name is Jenny Tower. Amongst other things, I am a Life Coach, Youth Coach and Behavioural Profiling Analyst. I worked as a PE teacher and Director of Sport for 24 years before deciding to change focus to work within the important learning area of Personal Development and Self-Awareness. I work with adults, students, and athletes. I am extremely excited to have the opportunity to work in association with Copthorne Prep. For more information about my credentials and background, please visit my website: www.towermindset.co.uk

The aims of this project are to help your child:

- Understand (and accept) themselves better through recognising their strengths and weaknesses and having strategies to manage their behaviour.
- Celebrate difference - by being aware that we all have different priorities and tendencies, often different to our own and this is a good thing! There are no right or wrong, good or bad personalities.
- Get better at communicating and relating – these being the important, soft skills that your child will use every day for the rest of their lives.
- Complement Copthorne Prep's child-centred and uniquely personal approach to your child's education.

It is not a test result or a diagnostic report that *tells* your child who they *should* be. It is not a guarantee of certain behaviour. It is not a 'label' or pigeon-holing exercise. **It is** simply a suggestion of the predictable tendencies or 'traits' that might be familiar to your child. It is a document that is a starting point for a coaching conversation.

As your child approaches teenage years, this is a well-timed project, as these students start to question their place in the world and seek to discover the answer to "who am I?...where do I fit in?"

What the project will 'look like':

- Students attend a workshop on 'Understanding myself and others'. This introduces the idea of personality styles and the DISC Model of Human Behaviour.
- Students complete an 'age-appropriate', online questionnaire with Personality Insights Inc – 24 questions.
- A report is produced. This will be sent to you via email. (please see notes below).
- A hard copy report is given to the students to read and they will bring this home.
- Over the next year, every student will have a half-termly coaching session with me. Discussion topics will range from the content of the report to setting personal goals around what they want to change, improve, get better at etc.

- During one day a week that I am in school, students can access my help – self-referral or they might be encouraged to see me by their Form Teacher/Head of Year/you. They simply need to ask Mrs Lee and an appointment will be arranged.

AFTER YOU HAVE RECEIVED THE ONLINE REPORT….

Please note: this is an age-appropriate tool, and it comes from America. There are some unusual turn-of-phrases and some cultural differences – I point these out to the students, and it does not affect the usefulness of the report. This report will help you understand your child's personality, strengths, tendencies, how they interact with others, and will give you some parenting insights. There is a section for your child and a section specifically for you!

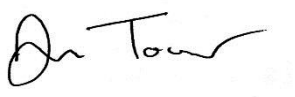
Suggestion: Your child will bring a hard-copy of the report home (within the first two weeks of term). Why not go through it with your child? Ask them questions (in your own words) like "which do you agree/disagree with? ….shall we think of an example when it was like that?...what about your siblings/parents...what style do you think they are?.....what areas would you like to change?....what one thing in our family life could we change to make life better?.." When you read the parent section with them, you probably do not know your personal 'style' – but ask your child if they could guess – they might be quite insightful.

Please remember this is intended to be an experience that focuses on helping students to create a positive *and* realistic self-identity – a celebration of what they are good at and an awareness that we all have things we need to work on. The report is simply a 'starting point' for questions and definitely *not* a tool to label your child.

I hope that you find this project a useful learning experience for you and your child. This project supports the Copthorne Prep Values and Mission Statement (link). In this modern world it is important to give students the self-awareness tools to navigate, audit and modify their own behaviours and work out how they work best. This will be invaluable as they grow, mature and become emotionally intelligent adults.

The project will be thoroughly evaluated, assessed and reported on, and to this end I would welcome any feedback and comments, at any time. I can be contacted on: *jtower@copthorneprep.co.uk*

Warmest Regards



Jenny Tower

Qualified Life Coach, Youth Coach, DISC Behavioural Profiling, PDA Certified Behavioural Analyst, Certified Human Behaviour Consultant (Personality Insights), NLP Practitioner, Golf Psychology Coach, TFT Practitioner (Callaghan Algorithm), Sport Mindset & Personal Development Workshops in Schools