

# The Empowerment Approach

## Training for schools

An innovative, research-based approach supporting children and young people to develop the skills they need to succeed at school and into adult life.

## Empower yourself; empower young people



**Help  
young people  
to understand  
their brain**



**Learn  
practical  
tools and  
approaches**



**Transform  
behaviour  
for lasting  
changes**

“Once or twice in your career, you get the chance to do training that really changes your thinking and ideas deeply. For me, the Empowerment Approach did exactly that.” SENCO

“An inspirational approach based on a clear set of values and solid research foundations.” Headteacher

# What is the Empowerment Approach?

- A whole school approach to behaviour and inclusion supporting a safe, calm and happy environment for learning.
- A research-based approach incorporating neurobiology, psychology and coaching which embraces what we know about trauma, attachment and neurodifferences.
- Creates a common language for all staff, students and parents.
- Provides a clear structure for addressing unhelpful behaviours which empowers staff and students and secures consistency across the school.
- Equips all staff with the knowledge, skills and practical tools to look behind the behaviour and support young people effectively to achieve sustained progress.

## Training Outcomes

- Staff have a shared understanding and a shared language around why a young person might be struggling and the barriers to learning and pro-social behaviours.
- All staff know the best ways to respond to unhelpful behaviours which preserve a child's self-concept and helps them to get back on track.
- Adults know how to use simple coaching techniques, working with students to develop strategies together.
- Staff learn a set of models and practical tools to help students understand and fill the unmet needs that are hindering their progress.
- Staff know how to help students build Executive Function Skills so students make sustained progress and do not present with the same problems year after year.

## Impact

- A positive ethos is established across the school community, based on strong relationships and mutual respect.
- There is improved consistency and effectiveness in how staff support young people.
- Young people make sustained progress. They feel and do better due to improved and consistent support in filling unmet needs and building Executive Function skills.

## Core Programme

- Initial training with a Core Lead Team followed by whole school INSET (equivalent to 4 days in total with follow-up support also available).
- Training can be delivered as full in-person days or shorter online sessions.
- Options to start with smaller elements of training or with one key stage or department.
- Advanced and specialist programmes available for those working with students with higher and complex needs.

## More information

[www.changingchances.co.uk/for-schools](http://www.changingchances.co.uk/for-schools)

## Contact us

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