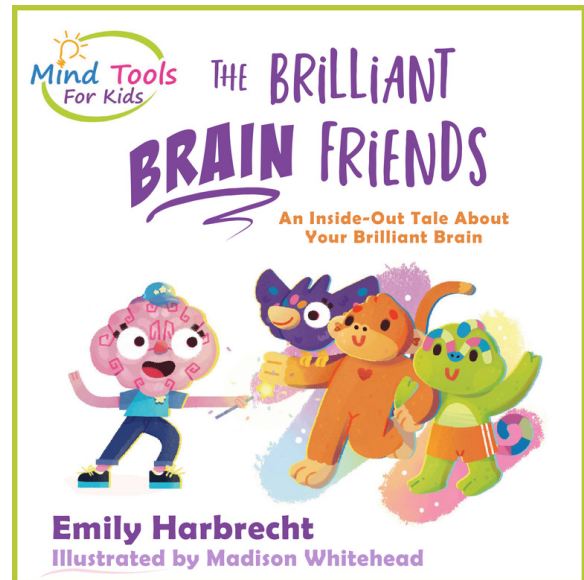




Mind Tools For Kids

COACH TRAINING 2024



 MTFK Coach Training - Feedback

"I was looking for simple, straight forward and flexible training so I could improve my skills and gain confidence. The content was very engaging, the sessions were interactive, the fact that the sessions were live was so engaging, the videos were so helpful, the worksheets are more than enough and cover everything!"

Emily, I like the way you talk, how you explain things, everything is very well organized and presented. I liked how supportive you are and how you are always willing to help. Your material is very clear, straight forward, very well organized, and so helpful.

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Malak, The Kids Coach. Lebanon



Welcome!

Hi, I'm Emily Harbrecht, Founder, Head Coach and Trainer at Mind Tools for Kids. Firstly, I'd like to say welcome! I am so pleased that you are interested in joining us.



I was a deep thinking child, highly sensitive and keen to please. I never felt like I fitted in. I always felt like an outsider and would worry myself sick -literally. I suffered with crippling stomach aches and frequent stomach upsets. Nervous twitches were normal and I exhausted myself overthinking every interaction and situation.

I always stopped myself short of achieving great things. Every time I got close I would wobble and give up. I guess I didn't really believe in myself or think that I was a priority. It was much easier for me to focus on others and their needs. This changed when I began training as a Coach. Suddenly my patterns and self imposed limitations became so obvious. Yes, I was an introvert BUT I was ok. There was nothing wrong with me! I was good enough.

I carried on working on me, while showing up to coach and mentor adults. I realised that we all had something in common. We were carrying stuff from our childhoods. We were playing out patterns and doing the best we could with what we knew - until we knew better. It got me thinking. What if we had learnt this stuff as kids - the tools, strategies, the self awareness and the knowledge about brain development. Imagine how much better we would have felt. Why wait until adulthood to learn self compassion and a growth mindset! Mind Tools For Kids was born. First for my daughter and then for as many kids as I could reach.

Over the last 15 years I've continued to build the MTFK Toolkit, developing workshops, testing coaching strategies and building my knowledge of brain development and the nervous system. I characterised my work and introduced The Brain Friends. On completing my NLP Trainers Training, I began building a Coach Training programme. I BETA tested it in 2019 and launched to the first full cohort during the pandemic in 2020. I am super proud of the 40+ coaches that have since completed the Coach Training who are showing up to support families. There is a lot of work for us to do.

“There is a huge need for the work we do”



Do you feel like **you** have something more to offer the world but don't quite know how to do it? Would you love to support families but aren't sure what you need to do? Maybe you are just sick of trying to juggle working hours, childcare or doing a job that just doesn't fulfil you. You want to do something with meaning.

There are many reasons why you may want to become a Mind Tools For Kids Coach. But there is one thing for sure, you will definitely be the sort of person who wants to make a positive difference in the world. No matter how small, whether it's with one child - this work matters.

I am thrilled to announce that MTFK now has an additional training option where weekly group coaching calls are delivered in Arabic. Malak Abou Raya, also known as The Kids Coach, is an experienced and popular facilitator doing amazing work in the Middle East.

I am on a **BIG mission** to empower the next generation – but I can't do it alone. Come and join us!

With love and light

Emily x



“Kids need help with their BIG emotions”

Kids are really struggling with the pressures of life and are riding a huge wave of challenging emotions, especially after Covid. Friendship issues, anxiety and the pressures of tests and exams all mount up. That's without the added strain of social media, screen addiction and online bullying. It's no wonder children are more stressed and anxious than ever.

"Thousands of young people are seeking mental health support. But too many are being **told to wait**, struggling to cope and hitting crisis point before they get help.

We are in a youth mental health emergency. Record numbers of young people are struggling with their mental health. Record numbers are being referred to services with **no space for them.**"

Source: Young Minds 2024

- One in six children aged five to 16 were identified as having a probable mental health problem in July 2021, a huge increase from **one in nine** in 2017. **That's five children in every classroom.**
- In a YoungMinds survey, three-quarters (76%) of parents said that their child's mental health had **deteriorated while waiting** for support from Child and Adolescent Mental Health Services (CAMHS).
- In a Young Minds commissioned survey by Censuswide, two-thirds (67%) of young people said they would **prefer** to be able to access mental health support **without going to see their GP** but half (53%) said they **didn't know how else to access this help**. Source: Young Minds 2023

Children desperately need help with regulating their BIG emotions, building resilience and coping with life's challenges. They need kindness and understanding. They need support and strategies.

We want to change the statistics and give children the tools they really need. It's easier to support and guide a child than to fix a broken adult. With some simple and fun strategies, a fresh perspective and someone to encourage and inspire them, things can be very different.

The Mind Tools For Kids Toolkit

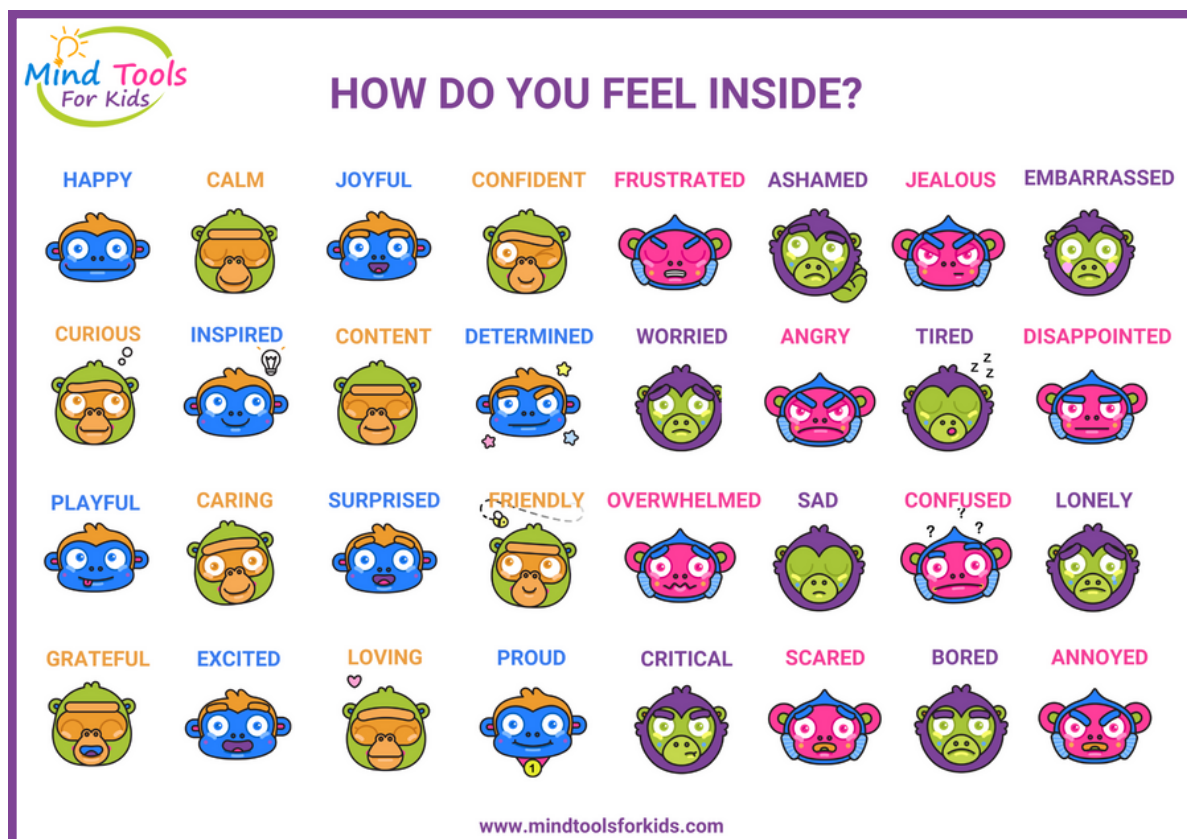
The MTFK toolbox combines a series of powerful techniques that help to unlock each child's innate potential. We use simple Neuro Linguistic Programming, Coaching and language techniques to interrupt unhelpful patterns and the skills to regulate their emotions.

We help them to see that they have flexibility in how they think and in turn how they experience the world around them. This empowers and boosts their self-esteem and confidence. We translate the techniques into simple and easy to remember exercises that are jargon free and child friendly. More importantly they work (and are great fun too!)

We coach children in a variety of ways - group workshops, in schools, group classes and in 1-2-1 sessions. There are so many possibilities! The most important thing is to show kids that it is ok to have a whole range of thoughts, feelings and emotions.

We keep the experience fun, interesting and engaging. After all, the quickest way to change a state of mind is physically! The Brain Friends help us to do this by getting the children to understand the connection between their body, emotions and thinking.

As they grow, we build upon their knowledge, helping them understand about brain chemistry and our bodily responses to stress.





Meet The Brilliant Brain Friends

The Mind Tools For Kids concept is really brought to life by The Brain Friends. Meet Brilliant Brain, Lenny Lizard, Milo Monkey and Orla Owl. They help children understand how their feelings and emotions are experienced physically, emotionally and in their mind.

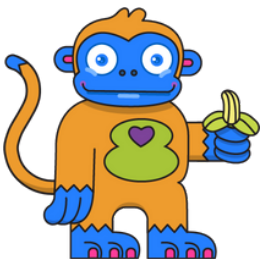
Brilliant Brain teaches them all about their brain chemistry and how they physically experience emotions in their body. The Brain Friends normalise the responses we have during the fight, flight and freeze responses helping children make sense of their reactions and have some flexibility over how they respond to life around them.

Older kids love the concept too as it is a super easy way to explain the way our brains work. And as they grow, we build upon their knowledge and understanding, empowering them even more. They learn about neuroplasticity and brain chemistry all while building their self awareness and esteem.



Orla Owl

Orla is the thinking brain friend. Orla lives in the Pre Frontal Cortex and is responsible for functions such as learning, creativity, problem solving and thinking.



Milo Monkey

Milo is the emotional brain friend. He lives in the limbic lobes and controls the amygdala- the body's alarm system. .He helps process emotions and build attachment.



Lenny Lizard

Lenny runs the body. He lives at the Brainstem and helps keep to keep body regulated and functioning .He is responsible for things like breathing, pumping blood and the nervous system.

“We must empower the next generation!”

Here are just some of the benefits that children experience with Mind Tools For Kids...

- They find it easier to regulate their emotions
- More aware of their triggers
- Improved confidence and self esteem
- More resilience and determination
- New empowering beliefs and values
- Easier to communicate and make the right friendships
- Calmer, relaxed and sleep better
- A growth mindset and a healthy attitude towards challenges
- They use their creativity and imagination for problem solving



"I love MTFK classes, I feel much calmer when I go home even when my little brother annoys me. My favourite tool is the magic glasses" Leo age 8

"My son has really opened up and we are finally talking through his worries and concerns. He calms himself down now and chooses a card for a new perspective" Logan's mum

"I taught my mum how to get in her magic bubble because she was really stressed about her job. She couldn't believe how much better she felt!" Darcie age 11



The Mind Tools For Kids Coach Training

It couldn't be easier for you to take your first steps with Mind tools For Kids. It doesn't matter whether you are a seasoned learner or haven't studied since your school days. No coaching experience is needed. What matters is your passion, commitment and desire to help children thrive .

A 12 Month Coach Training Programme

There are 12 core content modules for the MTFK Coach Training. They are pre recorded and stored in the learning portal for you to self pace. This gives you the flexibility to access the material at the right pace for you. Each module is accompanied by a workbook and a practical task to strengthen the application of your learning.

There are 35 group coaching sessions throughout the 12 months so you will get the support and flexibility you need. They are the perfect opportunity to experience shared learning, practically application, as well as to get real time support. You will also have access to a resource library full of downloadable coaching activities and session ideas. Here is an overview of the core modules:

Module 1: Sensory Awareness & Rapport

Module 2: Representational Systems & Submodalities

Module 3: Anchoring & Modelling

Module 4: Meet The Brain Friends

Module 5: Language & Metaphor

Module 6: Beliefs & Values

Module 7: Relaxation & Mindfulness

Module 8: Social Connection & Relationships

Module 9: Growth Mindset & Resilience

Module 10: Session Planning

Module 11: Resource Library Week

Module 12: Case Study Preparation



Hear from other coaches!

Just over a week into it! It was fascinating – after this process he looked happier and relaxed. Brilliant. I loved the first tool thank you so much!

I loved this weeks' exercise. I have noticed things that others would completely miss. This exercise taught me how easily we miss these cues that we are being shown all the time. It is an invaluable thing to be able to do. Powerful and relationship changing.

It worked really well! I was pleasantly surprised with how far we got! Loved it thanks Emily!

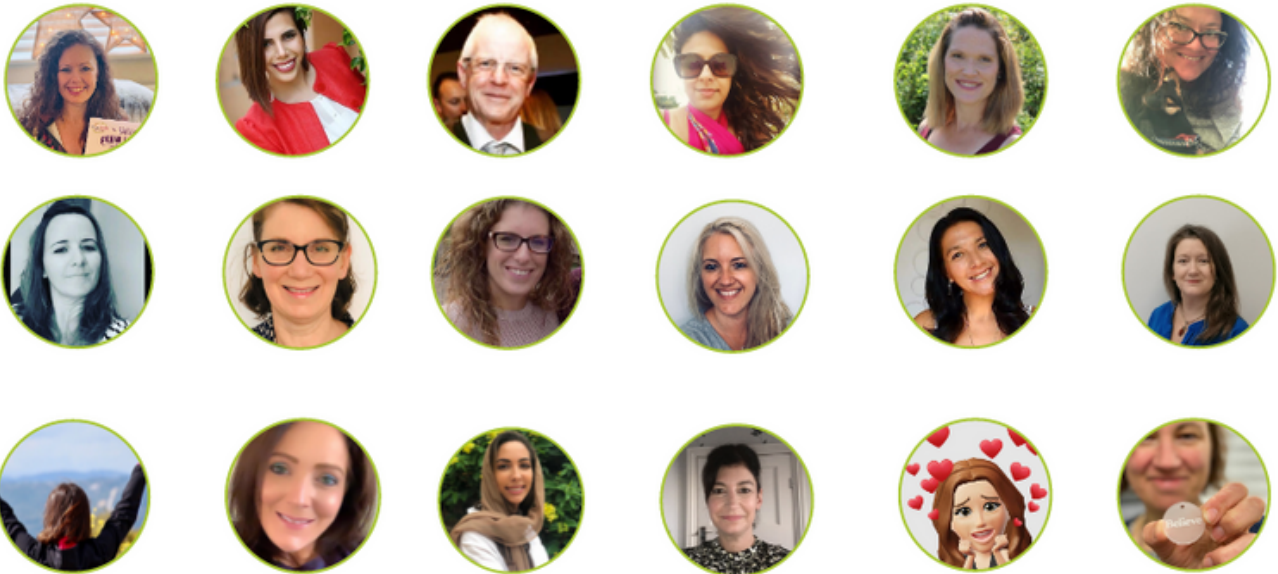
I just wanted to let you know about a boy I was working with. He finds it incredibly difficult to verbalise. Well today I went with it and basically, I was so astounded. Amazing. I thought oh my goodness. I cannot believe how amazing this experience was for him. Yes, so it was amazing. It was absolutely brilliant so thanks Emily

I guess I'm quite excited. I just watched their faces. It was just lovely. That is absolutely amazing for me, but even more amazing for them. I just want to say thank you Emily for showing me such an easy way to apply NLP. It's filled me with confidence and it's made me want to do it more and more.

Thank you so much for being there for me this week. You have helped me to believe in myself and to take the leap. I feel like now is my time to step up and do this. You are an amazing person.



Be a part of a new and exciting team!



"I was searching for a course that was child centred and MTFK was the perfect choice. I loved meeting wonderful likeminded people. The brain training was probably my favourite module as it really made a lot of things click for me.

Emily is an incredibly knowledgeable and approachable trainer. She is clear concise and patient. She is very relatable and supportive. A genuine gem. A massive thank you for your time and energy Emily. You are amazing at what you do.

This is the first paid course I have done after lots and lots of research I would say MTFK was extremely good value for money. I would happily pay for another.

The course delivery was perfect. The weekly sessions make you invest in the modules each week in order to get them completed. However having the learning vault to hand and zoom recordings ensures peace of mind if you need more time.

My advice to anyone considering this is to just take the leap of faith. You won't be disappointed. You will soon realise that your fears are shared by others in the group and you are not alone. Be brave, Be strong & grow.

Jo Jazeel, Empower Projects



Training, Resources, Coaching & Support



Be a part of a new and exciting team!



"I choose MTFK because I was really interested in NLP techniques and using them to help children. I lacked a little confidence and self-belief that I could actually make a difference. Emily has a way of capturing your full focus and attention. Her enthusiasm when teaching is outstanding. Her very down to earth approach makes things feel very doable. The training was 100% engaging.

I just think knowing I can access the learning vault and go back over modules gives me confidence and reassurance. I loved having the sessions spaced out weekly, and although it has just flown by I think it was an ideal length for course. The whole course was 100% more than I could have hoped.

The content is outstanding and the way the modules are broken down really suited my learning style. It was very engaging and not just a place where you sat listening. The demo videos were extremely helpful and the worksheets are just outstanding, and again so easy to follow.

I feel excited and confident about starting out. Still a little 'what if' but I feel more confident to just go help people. I'd say honestly it's the best 10 weeks that will give you so much understanding of children's emotional well-being."

Pauline McPetrie, The Wellbeing Tree



Praise and kind words



MTFK Coach Training - Feedback

"Working with you has been an absolute joy. Your passion and enthusiasm made this course exciting and engaging...and I loved every minute. During the course I kept thinking that this programme should be mandatory for every teacher and child carer in the country. And with you at the helm, I believe it could be possible. The course is simple and easy to follow yet profound in its teachings. It wasn't work at all. You have created something truly magical and you deserve so much credit. I believe in you Emily and I am honoured to have had the opportunity to learn from you. Thank you. ♥☐☐♥"
Nadia, The Happiness Coach and Author

"I feel your training is really thorough and investigates fully strategies and techniques for unpicking and resolving layers of feelings, emotions, beliefs that are unhelpful. Helping children recognise those unhelpful states is a real eye opener and is I think where the work needs to be done. Compared to other training, I feel MTFK is the meat on the bones excuse the metaphor. The training and materials are top class. I can highly recommend."
Mel, Deputy Head Teacher



Frequently Asked Questions

What does the Coach Training cost?

The investment is £1500. *Please be advised that this price is valid for 2024*

How is the training delivered?

The core curriculum is delivered in 12 core modules. Each module is released weekly over the first 12 weeks of the programme. You simply log on to your Mind Tools Academy portal to access the trainings. You can self pace, so if you need more than a week for each module, you have flexibility.

The trainings are pre recorded video lessons accompanied by a downloadable workbook. In each module you will be set an implementation task to help you practically apply the learning.

This is a 12 month programme to give you the flexibility and ongoing support that you need. Throughout the year there are 35 group sessions where we will practice, reflect and explore the applications of coaching. Sessions are delivered remotely via Zoom.

To complete the programme and receive your certificate you will need to attend a minimum of 10 of the group coaching sessions over the 12 month period.

How much time do I need to invest in the training?

The 12 core modules of the training will take about 3-4 hours each to complete. This will include watching the training, reading the workbook and completing the practical application. They are released weekly for the first 12 weeks of the training. However you can self pace the core modules throughout the 12 months and at your own pace.

The group coaching sessions last for 60mins per week and are scheduled throughout UK term time. The sessions are split over day time and evening. The 2 case studies will take a little more time. You will complete these at your own pace. These usually take about 20 hours over a period of time.

About your trainer...

Emily is an NLP Coach and Trainer, mum to 2 daughters- a teen with ASD and a little one in Primary school. Emily has completed hundreds of hours of training in areas such as NLP, Hypnosis, Coaching, Mentoring and in training design. She has been coaching for 15 years and is passionate about learning and development.

Emily won NLP Practitioner of the Year 2013 and MTFK won best Emotional Wellbeing Provider 2021. Her book, *The Brilliant Brain Friends* is on Amazon.

Frequently Asked Questions

Is Mind Tools for Kids accredited?

MTFK Coach Training operates to the MTFK Code of Ethics. It has been accredited with the IPHM since 2019 and we are also happy to announce that MTFK has been granted CPD Certification for the training. *Continued Professional Development

What is accredited CPD training?

Accredited CPD training means the learning activity has reached the required Continuing Professional Development standards and benchmarks. The learning value has been scrutinised to ensure integrity and quality. The CPD Certification Service provides recognised independent CPD accreditation compatible with global CPD requirements.

Is MTFK Trauma Aware and what does that mean?

Yes we are. Trauma aware is when we start to recognise trauma around us. We start to see the effects of trauma in those to whom we provide a public service, our colleagues, and people in our communities. Recognising trauma is the first step in working to keep people safe and helping them to create a safe and positive future.

Is MTFK mental health counselling?

No, Mind Tools For Kids is coaching and teaching children helpful strategies. We are not mental health professionals or counsellors. We are coaches. We help children to regulate their emotions, to find a strategy that works for them and to implement it into their life. We do this by working with their senses and teaching them to expand their mindset to new possibilities and strategies.

What does a Mind Tools for Kids Coach do?

We are empowering and engaging coaches. We teach kids aged from primary through to high school, the tools and strategies they need to lead a happy and confident life! The stuff we wish we knew when we were kids!

We do this with fun and engaging group workshops, weekly classes and 1-2-1 coaching sessions. Our toolbox is centred around helping children build emotional awareness, flexibility and resilience in the face of life's challenges.



Frequently Asked Questions

What sort of techniques and strategies will I learn?

You will learn a variety of tools including Neuro linguistic Programming techniques, coaching frameworks, language patterns and mindfulness. The training is jargon free and fun to learn. We want kids to love the tools so we keep it creative, inspired and engaging. You will learn some of the mechanics behind the techniques which will help you understand how they are so powerful! The training is also trauma aware and regularly reviewed and revised.

I've not had any coach training and have no experience of working with children. Can I still do this?

Yes, you can. You will learn tried and tested tools and techniques that work. We will help you build your confidence. Don't forget, you were a child yourself once! That alone gives you the experience of knowing what it's like to grow up in the face of big emotions and feelings. Being a parent is an added bonus, but not essential. The most important thing is that you have a genuine desire to help the next generation learn, grow and develop.

Do I get a certificate for completing the training?

Yes. On completing your training, you will be provided with a MTFK Coach Training Certificate of completion. You can use your new skills in your work/life and business. You will also receive CPD credit.

Is the training accredited?

The Training is accredited by the IPHM and the CPD Certification Service. These are internationally recognised accreditation boards.

<https://www.iphm.co.uk>

<https://cpduk.co.uk>



Frequently Asked Questions

What should be in place for me to start working as a Coach?

As per our Ethical Policy, we recommend the following, or the equivalent in your country.

- An enhanced Disclosure and Barring Service check (criminal records check)– ideally on annual update service/equivalent in your country
- Public Liability Insurance – approx. £75 per year
- Child Protection Training certificate (online or live) – approx. £25 NSPCC
<https://learning.nspcc.org.uk/training/introduction-safeguarding-child-protection>
- Quarterly Coaching Supervision is recommended
- Follow ethical standards such as the MTFK standards
- We also recommend that any coaches offering face to face classes and workshops have a Paediatric First Aid Certificate (1-day course) – approx. £100

We recommend that all coaches do the above to ensure that they are operating at the highest level of competence and professionalism.

Do I have to coach in a certain geographical area?

No, the MTFK Coach training is designed to be flexible and accommodating to you the coach. We know that there are many children all over the world that require coaching and support. There is huge scope for your work and no reason to limit it to a geographical location.

I have already completed trainings in similar disciplines, how does this work with Mind Tools For Kids training?

This is an opportunity for you to diversify both your skills and offering. Mind Tools For Kids training will compliment anything from yoga, teaching, sports to mindfulness and other creative classes. It is also a great addition to the classroom. Please contact us for inhouse school, social worker and youth worker training. The techniques work well alongside other therapeutic work.

What do I charge for my work as a Kids Coach?

We advise that you do your own research and competitor analysis to make sure you best place yourself. We offer no guarantees on either earning levels or referrals.

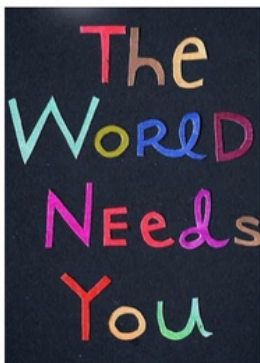
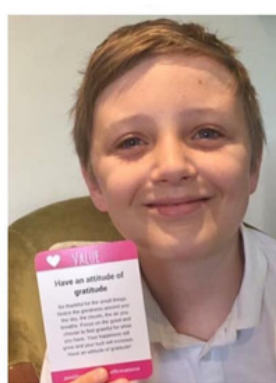
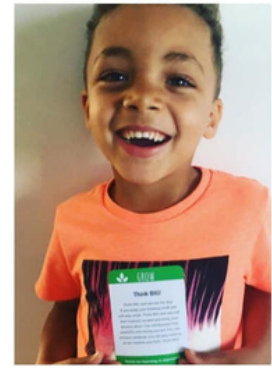
Frequently Asked Questions

Can I cancel my training and get a refund?

Refunds are not available once you have logged on to the portal and training content. You have access to both recorded and live coaching sessions as well as resources and demos.

What about after the training? Do you offer ongoing support?

There are ongoing support options available to you after you have completed your training. We are also developing a Coaches Directory for referrals.



Praise and Kind Words



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