



Resilience Tutoring

Educating our children about their innate wellbeing & resilience

Everything a parent needs to know about this ground-breaking new programme that no child should miss out on.

What's the problem?

90%
increase

in the number of young people experiencing anxiety or stress over the last 5 years. (Young Minds)

81%
of students

would like their school to teach them more about their mental health. (Young Minds)

88%
of parents

are looking for more information about their child's difficulties. (Based on parents who contacted Young Minds helpline)

66%
of parents

say parenting is harder today than it was 20 years ago. (Pew Research Report)

As parents we know we need to make sure our children learn core subjects such as English, Maths, Science ... and we try to support them through extra lessons and tutoring where necessary. But what about their mental health, their wellbeing?

This is the **BIG** missing piece in their education.

What's the solution?

No more sticking on plasters. It is time to properly educate our children about how they can uncover their resilience and wellbeing. This crucial knowledge – where their resilience is found, why they don't always feel it, and how they can uncover more of it within themselves – will underpin everything they do in life.

iheart's Resilience Tutoring programme for children and teenagers provides this essential education.

iheart's Creating a Resilient Family programme for parents and carers provides essential support for this education.

There is nothing more important that we can give our children.

Who is it for?

Every child will face challenges – now or in the future. This programme is for all young people aged 9-18, not only those with issues or who are struggling. It will help them to realise their potential, whatever is going on in their lives, so that they become resilient, confident members of society and live healthy, thriving lives full of optimism, motivation, security and contentment.



The acclaimed, evidence-based accredited iheart Resilience & Wellbeing Curriculum has already been delivered to over 13,000 children in 18 countries on 5 continents.



I was always so fixated on having so much to do and when I was stressed I would become self-destructive... With the iheart programme I learned how to take a step back and become more peaceful.

Aimee, Age 13

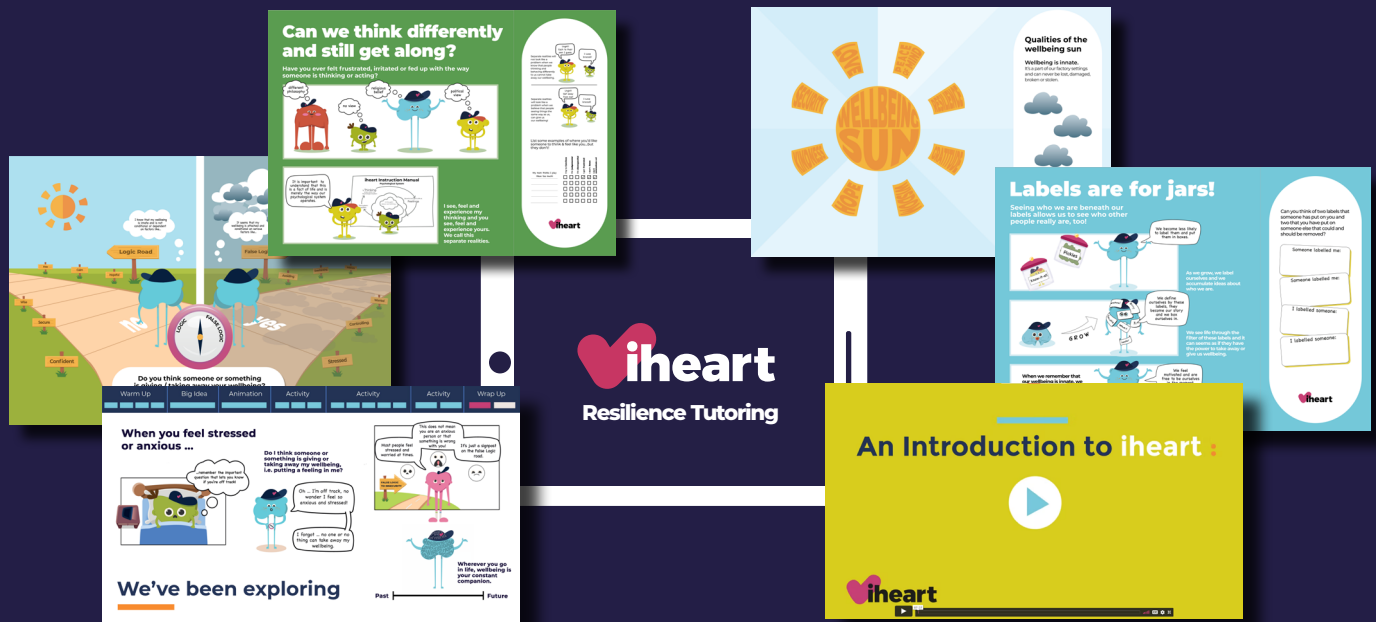


This programme shatters so many assumptions and has subtracted a lot of needless noise from my head. I am having a lot less instances of conflict with others too.

Harrison, Age 14

How does it work?

The programme takes place over 10 x 1-hr lessons – either face-to-face or online. In a 1-1 learning environment or small group sessions, certified tutors trained in the iheart approach facilitate a highly interactive learning experience full of hands-on activities, challenging exercises, engaging videos and animations, fun games and quizzes, and educational worksheets. Each child receives a My iheart Journal to record their own learnings and self-reflections.



What topics are covered?

- Understanding why we think, feel and behave the way we do
- Labels are for jars, not people – self-esteem & self-image
- Stress, anxiety and overthinking
- Bullying, anger & conflict
- Addictions and compulsive behaviours
- Using social media without it using you
- How we can think differently & still get along
- Why wellbeing is our constant companion

How will it help?

Armed with the iheart instruction manual, children discover that they have everything they need for their journey through life. They feel more secure and confident. They can deal with past upsets and future challenges. They learn why their mind gets stuck and how it can get unstuck, so that they can think more wisely and clearly. They feel lighter, more energised, more at ease, and more resilient.

At the end of the iheart Resilience Tutoring programme, your child will have:

More...

- Confidence & self-belief
- Optimism & hope
- Acceptance of others & improved relationships
- Motivation to overcome difficulties, thrive and realise their potential
- Ability to manage their feelings
- Capacity for dealing with disappointment & adversity

Less...

- Anxiety & fear
- Reactive behaviour
- Sibling rivalry & parental conflict
- Attachment to things like being popular & needing to fit in
- Low moods & loneliness
- Struggles with friends & social dynamics

iheart Resilience Tutoring will give your child a roadmap, signposts and a compass so that they know which road they are traveling on, and a way to re-route when they find they are off track.

Who wouldn't want their children to have such an **instruction manual for handling life?**



I've learnt how to deal with problems better by not getting offended by what others say and not getting affected by my feelings when they overtake me.

Ali, Age 11

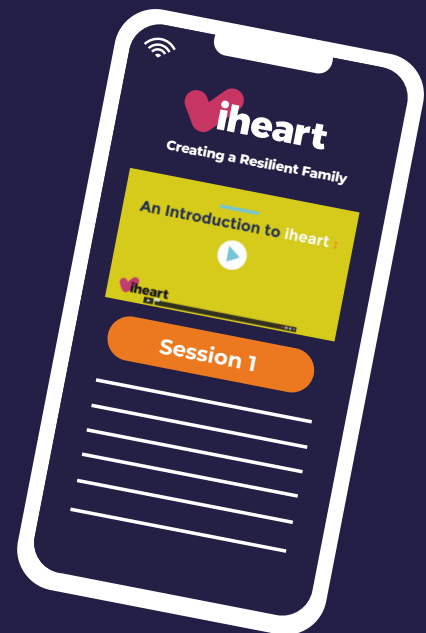
What is there for parents?

Creating a Resilient Family is an innovative, highly impactful online course for parents and carers. 10 pre-recorded sessions – to be watched in your own time at your own pace – enables you to support your child on their resilience journey. You will discover how to make the best job in the world fun, light and full of joy by learning how to deal with your own anxiety and guilt, navigate conflict in your home, and help your child deal with the bad behaviour of others.

As you develop a shared understanding and language of wellbeing and resilience, the whole family will learn how to have a healthy dynamic where everyone can:

- Express their feelings and see that these are normal
- Get over hurt, upset & disappointment
- Accept different viewpoints and get on better with each other
- Enjoy being part of a resilient and thriving family

The **Resilience Tutoring Package** includes all 10 sessions for children AND all 10 pre-recorded sessions for parents.



I have loved the journey, the wisdom and incredible insights into how we (as parents) often think and approach parenting. This is about yourself, understanding your thinking and using the knowledge to navigate the logical path. I often say I wish that my children come with an instruction manual - this is possibly the closest thing.

Anthony (Single dad of two boys, aged 10 & 12)

What are people saying?

What school and industry leaders and are saying about iheart's impact:



Ofsted School Report

March 2020



The iheart initiative helps young people to cope with pressure and develop resilience.



Sash Hamidi

*Executive Head
Teacher & CEO, The
Pegasus Partnership
Trust*



The children have gone on this journey with iheart and are starting to believe in what they can achieve; they will go on to be better adults making the world a better place in the future.



Ben Jones

*Assistant Head
Teacher, Langley
Park School for Boys*



I am staggered by the positive results we got with this intervention.



Journal of Public Mental Health

January 2021



... iheart is a promising new intervention offering a step change in mental health education for improving resilience, mental wellbeing and the ability for children to navigate psychological challenges.

Where do I sign up?

To register your child for their **10-session Resilience Tutoring programme**, and to receive your access to the **10-session online Creating a Resilient Family course** for parents, please [click here](#).

What is iheart?

iheart is a global non-profit organisation established to help all young people uncover their innate resilience and mental wellbeing. Our innovative mental health education programmes for children, teenagers, parents, educators and schools have transformed the lives of countless people.

Our core message – ***we have everything we need inside us*** – is full of optimism and hope. This essential educational programme is changing the way so many of our youth think about their challenges and their potential to do well in life.

For more information about iheart please visit www.iheartprinciples.com



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