

Wellbeing in Education



Programmes to develop
self-esteem and success
in young people

Introduction

True Colors® has been transforming the education system in the United States for the past 30 years. It was created originally for "at risk" and excluded children to enable them to build the skills and confidence to rejoin the school system.

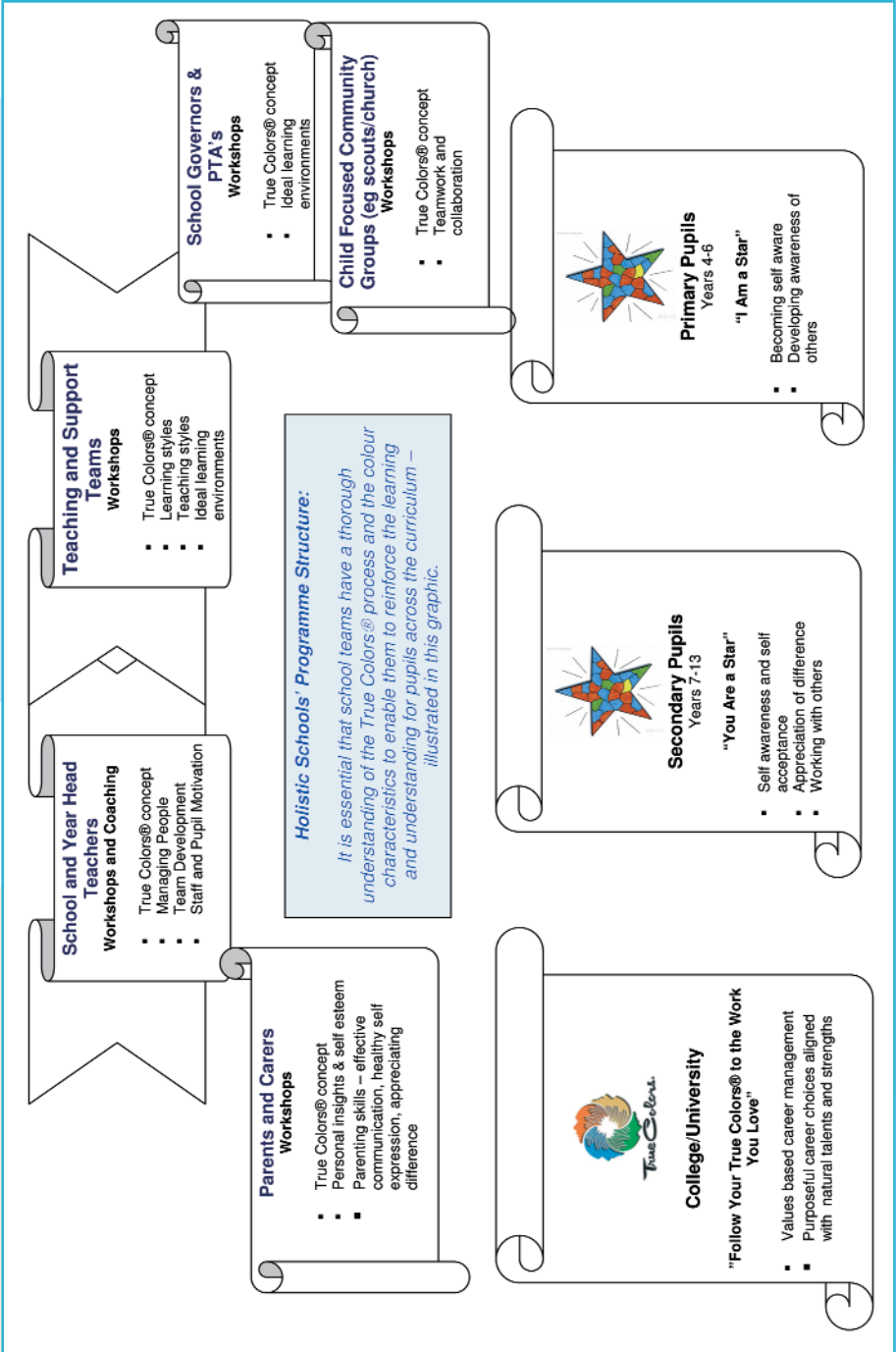
Today True Colors® provides a simple, fun and interactive way for pupils and students to develop an understanding and appreciation of themselves and those around them. Not only meeting the criteria for SEAL programmes, as set out by the government, it takes the development of emotional literacy further by enabling children to understand why they experience the emotions they do. In this way they learn to manage emotions as well as express them.

In addition to increasing self esteem, self belief and the ability to work with others it is also being used very effectively as a resource to overcome specific issues such as truancy, bullying and drug abuse.

Our passion is for all young people to be in esteem and to develop their unique skills and talents, enabling them to achieve their fullest potential and make a positive contribution to society - now and in the future. True Colors® is a unique, easy and sustainable way to achieve this.

"The students get it! They learn about themselves and others and begin to appreciate the differences. Often the students wonder why no one ever taught them anything like this. They never learned to trust adults...especially teachers. They learn to trust themselves. The great thing about True Colors® is that it facilitates trust. A whole new world opens to both the faculty and students as they learn how to value each other."

**Steve Bridge, Athletic Director,
Elma High School, Washington**



Primary School

"I am a Star"

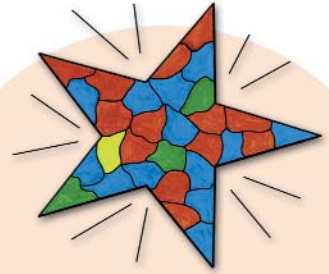
The interactive and fun colouring activity and support exercises are designed for 8-11 year old children to:

- ★ Introduce self awareness and appreciation at an early age
- ★ Encourage and reinforce their uniqueness
- ★ Provide an understanding that it's OK to be who they are and they don't need to be like everyone else
- ★ Enhance self esteem
- ★ Develop an understanding and appreciation of others - especially those who are different from them

Positive outcomes of using this programme are:

- ★ Increased self confidence and self awareness
- ★ Reduced bullying
- ★ Enhanced communication skills
- ★ Better developed "emotional intelligence"
- ★ Improved behaviour

This programme lays the foundations to support pupils throughout their schooling to believe in themselves and respect others.



"Your colouring book was well good, Miss!"

Year 5 pupil

Secondary School "You are a Star"



The interactive, easy and thought provoking activity and support exercises - designed for 12-16 year olds - can be used individually or as a group to:

- ★ Increase self esteem and self confidence
- ★ Develop an appreciation for and ability to live and work with people who are different from them
- ★ Enhance their communication skills
- ★ Provide insights into their strengths and talents to enable them to make the best life and career choices for them

The positive outcomes of this programme are the development of:

- ★ Pupils well-being and self-esteem, encouraging belief in their ability to succeed
- ★ Respect for the diversity of, and differences between, people
- ★ Understanding and management of a wider range of relationships
- ★ Responsibility for their learning and future choice of courses and career
- ★ Ability to deal better with spiritual, moral, social and cultural issues they face as they approach adulthood

"Different is just different, not wrong."

"It helped me very much, especially I've found out who I really am."

Feedback from young people in Romania who attended a True Colors workshop

Benefits to Teachers



- ★ An easy and fun process to implement and sustain
- ★ Personal and professional development through True Colors® workshops
- ★ Improved pupil behaviour
- ★ Reduced bullying and other anti-social behaviours, both inside and outside the classroom based on respect for self and others
- ★ Enhanced relationships between pupils and teaching staff
- ★ Creation of a True Colors® culture of mutual appreciation and understanding, either within a classroom or across a whole school
- ★ Additional resources to deliver core elements of the curriculum, including the Healthy Schools initiative
- ★ Enhanced pupils' self-esteem and emotional well-being
- ★ Greater harmony and co-operation in the school

"There is no question in my mind that True Colors can alter the culture of a school"

E Dean Butler, Director Centre for Research in Educational Policy, University of Memphis

Implementing the Programmes



The programmes can be utilised within any organisation or structure that provides learning facilities or activities for young people.

Half or Whole Day Workshop for staff development

- ★ Personal Success True Colors event - develops self-awareness, understanding of others and team effectiveness.
- ★ This can be delivered at a time to suit your timetable if your INSET days are already booked.

NB. This does not include the materials for the pupils.

True Colors® in Education Facilitator Training

3 day programme for individuals to become certified to deliver all True Colors® education materials in schools. The benefits of this are:

- ★ In-house trainer(s) for your school
- ★ Potential to generate income for your school by training other schools

"In the past nearly 30% of the students have dropped out of the alternative school....this past year, of the 75 kids that went through the program using True Colors®, only 3 dropped out."

Teacher, Washington

Who are True Colors UK?

We are a team of highly skilled, professional coaches and facilitators. We are passionate about igniting the potential in young people by helping them discover who they are and make choices that honour and reflect that.

In this way they are able to create lives that inspire them, and are healthy, productive and successful.



True Colors®

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