

In today's ever-changing world pressure on children is immense. This week being Children's Mental Health Week just goes to show that there is a need, as a nation, to highlight real issues children are facing.

It seems that pressure on children to succeed has never been more apparent and this is having detrimental effects on pupils in school, and not only for those who may be struggling but very often it is the brightest of children that are putting that extra pressure on themselves to succeed; they have set themselves those goals, they are following that path and heaven forbid if it doesn't go to plan!

In a recent study carried out by the Headmasters' and Mistresses' Conference (HMC) about the well-being of pupils it stated that "young people today in all types of schools are experiencing pressures like never before" and continued that "pupils are kinder to each other but harder on themselves.

Jane Kilpatrick, an Educational Performance Practitioner said, "it is important that we teach children coping strategies to help them manage the stresses and pressures they may find themselves under, especially around exam time and it is important to help them build resilience and a positive mind-set."

The Educational Performance Programme run by Jane is designed to help pupils manage academic stress by using relaxation and mind

management methods. By using simple, concentration techniques this allows an individual to take control of their emotional state and remain focused and confident whilst being challenged.

Jane Kilpatrick adds “when the mind is stressed and unfocussed, we cannot learn, recall or retain learning effectively and it is common for pupils to latch onto their weakness rather than their talents and strengths and they can become easily discouraged by negative criticism. I help students re-engineer this thinking to give them simple coping strategies to reduce anxiety and ultimately perform at their very best.”

Schools, pupils and staff are under incredible pressure to achieve and surpass targets regarding pupil progress and exam results from the Government, league tables and Ofsted. Our strategy helps a range of pupils to overcome their anxiety, grow in confidence and feel comfortable about exam conditions and lessons. Hereby adding real value to your students and teaching staff.