

Destination



* Help your child thrive in school and grow into an independent learner.

Your family's Journey

STAGE 1: Get clear on what is going wrong

Identify the specific stress triggers, school breakdowns, and daily pressure points so you understand exactly why your child is struggling and what needs to change.

STAGE 2: Create the right support plan

Restructure your child's day – at home and at school – to reduce stress triggers and build in practical regulation tools like movement breaks, grounding objects, sleep routine and recovery time.

STAGE 3: Reconnect with learning & increase independence

Your child can handle school with less overwhelm and less dependance on you.

Your child becomes more engaged in family life & activities outdoors, while connecting positively with themselves and with others.

Your personalised support system

- * Road Map call: Creating your detailed plan for the next 4 months.
- * 1:1 coaching calls: Bi monthly coaching calls where we focus on EXECUTION and achieving your goals.
- * Have a "Weekly coach in your pocket:" Voice and Text Messaging support to get prompt feedback on questions/problems.
- * Personalised toolkit of resources so you can go deeper in to the material between our calls.
- * Access to course content with videos, audios, handouts, further reading, homework and bonus video.