



National Institute for Youth  
& Therapeutic Approaches

# Up-grade training

## Whole-Child Project

Developing Physical, Social, Emotional & Academic  
Wellbeing



In association with

**lifetrain** UK  
LEARNING IN ACTION

# What is Up-Grade Training's Whole-Child Project?

**Delivered by expert school teachers, sports coaches and therapists.**

The Whole-Child Project has been designed by Up-Grade Training and Therapy to enhance the physical, social and emotional wellbeing of the young person, as well as improving the levels of your student's academic attainment. Your adoption of the Whole-Child Project

demonstrates to the parents and local community that you, like them, value the holistic development of the young people in your care.



**Up-Grade work with hundreds of parents of young people** across the country who need an emotional or academic Up-Grade.

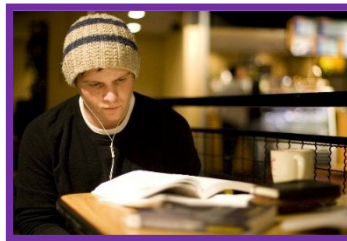
In our experience, parents are always looking for ways to better enhance the lives and experiences of their children, and invariably they will seek the most holistic & efficient way of doing so!

In a parent's pursuit to best enhance their child's lives, they will:

- Take care of their child's physical health by paying for sports club membership
- Hire private tutors to improve their child's academic attainment
- Fund hobbies to ensure wider social circles and a developed set of social skills

# The **Whole-Child Project** will equip your students with...

- ... innovative study techniques they can apply to their school work, no matter the key-stage
- ... therapeutic strategies for managing workloads and the potential stresses of school life
- ... exam preparation techniques through management strategies applicable to all walks of life
- ... a sense of engagement and an increase in their motivation to study (and train!) more consistently
- ... free take-home tip-sheets for academic management and therapeutic strategies



## The **Whole-Child Project** also...

- ... improves attention state and behavioural habits
- ... boosts self-esteem and self-confidence in themselves and in their sport
- ... teaches the therapeutic techniques required for improved self-control and emotional management
- ... uses the science of releasing dopamine (motivation, drive and pleasure), serotonin (compulsions and memory) and norepinephrine (concentration, alertness and energy) through physical activity to positively contribute to a young person's mood and cognition, changing their state to be more receptive and more prepared to learn



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# About Up-Grade Training and Therapy

After many years of service in mainstream schools, Up-Grade Training and Therapy made the move into the residential care sector, providing expert behavior management and GCSE level tuition to dozens of disaffected young people across East and West Sussex, many with special educational needs and emotional difficulties.



Up-Grade provides private behaviour consultancy sessions with concerned parents and their children, working to improve the attitudes and outcomes of school-refusers and under-performers.

As well as their work in residential care and the private sector, Up-Grade have developed their own kickboxing school for classes of up to thirty young people per session, producing young champions of the sport as well as more engaged and active students within the club, home and school life.

**Up-Grade Training and Therapy employs kickboxing black belts and champions, as well as a qualified sports coaches, school teachers and counselling therapists.** Drawing from these three areas of expertise, Up-Grade have been able to implement successful and unique



therapeutic education programs in many different fields. Up-Grade now continues to explore new and exciting ways of extending the reach of its unique brand of therapeutic education to as many young people as possible.

**Up-Grade Training and Therapy currently work in primary schools, high schools, residential social care and local authority establishments** to deliver

therapeutic and educational programs which improve the physical, social, emotional and academic wellbeing of many disaffected young people. It is our aim to now bring these same services to you; to Up-Grade the services you provide to your students, their parents and your local community by providing a holistic enhancement service, **and at no cost!**

# Course details:



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## Duration of course:

**120 minutes**

## Course cost to your organisation

...is reliant on the number of students per course, limited only by your capacity ... thereby providing you with the opportunity to not only receive the course at **zero cost** but also create **additional new revenue** for your organisation.

## Recommended course cost to student

Is payable by parent/guardian of student - final price at your organisation's discretion)

## Additional benefits to your organisation include:

Course content	Added extras
<ul style="list-style-type: none"><li>• Be the architect of your own environment</li><li>• <b>Reframe unhelpful beliefs</b></li><li>• Create positive habits in school, training &amp; life</li><li>• <b>Deliberate practice in school, training &amp; life</b></li><li>• GRIT in all you do: "perseverance and passion for long-term goals"</li><li>• <b>Therapeutic calming</b></li><li>• Exam and study techniques &amp; tips</li></ul>	<ul style="list-style-type: none"><li>• <b>Blog entries and relevant promotional material for your social media network.</b></li><li>• A pre-written press-release for submission to <b>local newspapers</b>, use on personal blogs and any other of your promotional avenues</li><li>• <b>Promotion on the Up-Grade Training and Therapy website as an active member of the whole-child project</b></li><li>• Free professional social media photographs of the day</li></ul>

(All activities, tasks and games are fused with exercise and physicality, as is Up-Grade's dopamine releasing 'Fusion' approach to education)



*in association with*



*and*



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