



**PEMBROKE**  
A PRIORY ACADEMY

April 18<sup>th</sup> 2023

Dear Parents/Carers,

I am delighted to announce that we have been able to arrange for Ed and Sarah Hollamby to deliver their hugely popular; "Taking Time to Stop, Understand and Move On" course here at Pembroke. This course is free to parents and carers of pupils at Pembroke and will be offered on a first-come, first-served basis as we anticipate it being very popular.

Below is some information on the course as well as a bit of an overview of Ed and Sarah's experience. To book a place please email [admin@eshconsultancy.co.uk](mailto:admin@eshconsultancy.co.uk) by Friday 26th May 2023.

**The first session is on the 22nd June and runs each week for 4 weeks until 13th July from 6.30pm – 8.00pm and will take place here at Pembroke**

Taking Time to Stop, Understand and Move On is the culmination of over 40 combined years of experience and is for anyone that wants to understand family dynamics better, reduce conflict and improve communication in order to strengthen relationships and ease the stresses often found in family life. In brief, the course provides a 'toolkit' to help manage the big emotions and challenges that inevitably come our way.

This is not a parenting course in the sense of what we often think of a parenting course, but it is a course for parents (and anyone involved in working with children) to help better understand themselves and their children. You will gain some simple, but life changing tools to help support the journey of parenting. Here are just a couple of comments people have given in recent feedback:

"I think every parent should do this course"

"It is engaging and empowering"

"I have learnt lots and it was made great fun by Ed and Sarah"

"Loved my time on the course, just sorry it had to end"

"Thank you so much for your time and help. I have loved every second and will take away so much information to help our family."

The course takes the principles from Paul McGee's Sunday Times Bestseller book 'SUMO', uses them, along with a wealth of resources, real life examples as well as practical tips and tools to allow people to easily embed the principles into family life.

**Headteacher:** Mr S Evans

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The Priory Pembroke Academy is part of The Priory Federation of Academies Trust. For further information please contact:

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## Course Outcomes

### **Me, you and the big world out there.**

In this session we will explore the meaning of wellbeing. For us and our family what does this look like? How can we be in control of this and how can we help our children be in control of this for themselves too? We will look at the importance of learning to press *'pause'* to self-regulate, think and make good choices.

### **Shall we think about that?**

We think a lot. We spend almost all of our time thinking, however, is all of that thinking *healthy and helpful* or can it sometimes be *unhealthy and unhelpful*? In this session we will be learning how to tell the difference between the two. We will understand how our thinking is strongly linked to our emotions and actions. We will explore how our brain works for us but can also work against us.

### **Let's Flip it and it is ok not to be ok**

Following on from all the thinking we have done in the last session, this session is full of simple and practical tips and tools to help use when "faulty thinking" creeps in to help us to have *healthy and helpful* thinking patterns rather than *unhelpful and unhealthy*. We will also be discussing what we need to do when it all gets too much and how this time can provide us with the valuable opportunity to make choices about how we best move on.

### **I can't, I won't, I don't**

Have you ever felt like you were speaking a different language to other people? Have you ever felt frustrated that you are not heard or really listened to? This session investigates the idea of perspectives and how these can affect how we respond and react to one another. This final session is also about looking ahead, exploring why we put things off and how we can find ways to overcome those barriers especially when we believe in the power of *yet!*

We honestly believe in the content of this course and everyone who has attended has taken something away from it of benefit. Often when dealing with children, us as adults need to understand that our behaviour and responses are sometimes what need to change – small incremental changes in our responses, armed with a greater understanding of what is going on for the child and some tools to apply in different situations can result in big changes. We would love to see you there – ***and remember it is completely FREE!***

### **A little information about Ed and Sarah.**

Ed is an excellent and highly sought-after keynote speaker, presenter and coach. He is an engaging and effective communicator who has worked extensively throughout the UK. With a background in sports psychology and coaching, Ed loves nothing more than to share his insights and inspiration on his specialist subjects of human behaviour, education and leadership as well as resilience, wellbeing and human behaviour. Ed is a Certified Communications Coach through the Life Languages Institute and is incredibly proud to have worked closely with Professor Paul McGee (AKA The SUMO Guy), international best-selling author and motivational speaker for the last 10 years.

Sarah has been teaching for over 20 years, is a qualified SENDCo, has studied trauma and attachment and is the author of a book which explores how young people can develop their confidence. As well as being the wellbeing lead for her school, Sarah spends time supporting children and families that are finding life tough. Additionally, Sarah is an advisor for home educated children and delivers the TT2SUMO course with her husband Ed.

I hope that you find time to come along to what I am sure will be a fantastic course. With thanks and kind regards,

Mr S Evans  
Headteacher

