

Training process

Half-day Try Out

Get to know more about Parent Gym and get a chance to try delivering 10 minutes of a session.

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If there is a good initial fit then...
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Three-day Training Academy

Master the skills of coaching, learn more about the science of facilitation and deliver chunks of Parent Gym content with constructive feedback.

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If the final assessment shows a strong fit with our style of coaching...
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Certification

The coach is certified and ready to deliver Parent Gym in your school.



What next?

What we need from you:

- Strong support for running the programme from Head and SLT
- Commit time for the staff member to attend training (1 x 1/2 day & 3 x full day) and - once certified - to prepare for programme delivery
- School support for recruiting parents to attend the programme

Please get in touch now via the details below.

parentgym

02073685698 / info@parentgym.com / parentgym.com

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A free six-week parenting programme

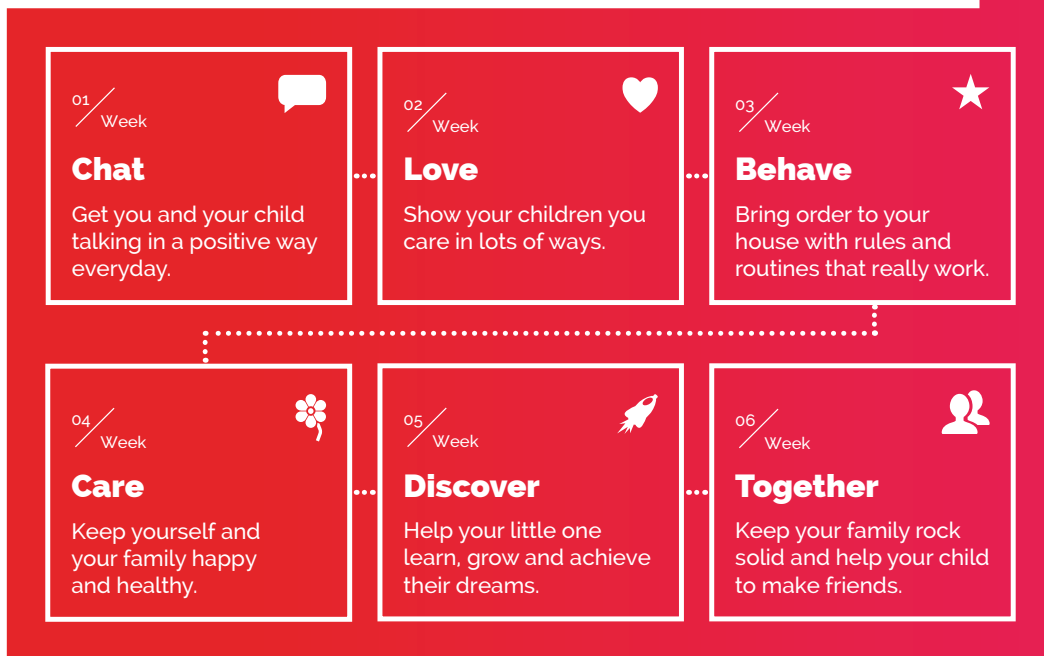


Parent Gym is an evidence-based programme.

Sessions are practical and cover a different theme each week. They are filled with tools and techniques that parents can easily apply at home.

For parents with children from 2-11

Six-week programme session overview



Parent Gym training now available for your staff

Parent Gym is delighted to offer free training to staff wishing to deliver the programme in their centre or school.

We provide:

- High-quality facilitation training at no charge to schools or staff
- All the materials you need to run Parent Gym programmes
- A report of parent feedback on the programme
- Mentoring and support for staff delivering the programme

"Parent Gym has been a significant factor in the transformation of Kensington Primary School. In two years the school has gone from RI to Outstanding. Our work with the hardest-to-reach families has been a key part of this success. Our in-house lead has been able to engage with, support and make a major impact on parents' lives and, as a result, the lives of their children. I cannot recommend the approach highly enough."

Ben Levinson
Acting Head Teacher, Kensington Primary School



"Having hosted the programme for a couple of years, I saw the benefits of Parent Gym for the families in my school. I thought it would be great to train as a coach, so I could run Parent Gym whenever it suited our school. The training was great fun, as well as giving me the confidence that I could support parents in more depth. I would recommend anyone who deals with parents in school to train as a coach to support parents."

Miriam Poulton
Parent Support Adviser, Grange School

Who is eligible to train as a coach?

Staff members considering training with us need to be confident, warm and full of infectious energy and passionate about supporting parents.

Training with us is a selective process. We will only accredit coaches who can demonstrate their ability to coach using our model.

In order to train you need to be a Mum or Dad with kids over three years old.

Most of our coaches also have:

- Some teaching, coaching or group facilitation experience
- Confidence to lead groups
- The ability to relate well to people from a range of different backgrounds