



## Become a coach?

### The Programme

Each of the six sessions at the school is very casual in nature compared to their formal classroom environment. It is important that the coach forms a relationship with the group so that you get the buy in from the kids and schools.

On the first day we explain to the group that we are **not** teachers, there won't be any writing stuff down and no homework other than one or two fun challenges that are completely voluntary. We do not use any power points to present to them, we simply sit down and chat to them about our life experiences and understand who they are and what their ambitions are before the end of the first session.

Each week we take pop, water and biscuit bars and pass them around to help them become more relaxed.

### Who would make a Good Coach?

Ideally we need coaches that feel as passionate as we are about working with those kids that need a helping hand. Your time would be on a voluntary basis and will require a commitment of only 8-10 hours per group.

Generally we target Year 10's (14 & 15 year olds) and Year 11's (15 – 16 year olds) in 6 consecutive sessions, one per week. Your profile would ideally be someone who is successful in their chosen career or business through hard work, the right attitude and a bit of entrepreneurial thinking. Our coaches may not have been high achievers at school and there are a multitude of reasons why people don't perform as they should at school.

### Props and cost of being a Coach

Apart from giving up your own time on a voluntary basis, we don't charge for any time or travelling expenses. In each session you will require some props to help re-enforce the six key messages which will require some planning in advance and some investment from you as a coach.

#### Session 1

Some laminated A4 photographs of well known celebrities that under achieved at school. We can email the pictures to you with supporting notes, but you need to laminate yourself. Approx. Cost £4.00.

*A Gremlin* (all is explained in supporting notes). Approx. Cost £8.00.

#### Session 2 – *The dream boards.* Usually no cost.

You will need at least a dozen pieces of cardboard approx 18" square for cutting and pasting pictures onto. We collect crisp boxes from supermarkets and cut the sides off.

You will need a collection of magazines with pictures of big houses, boat, big boys toys and expensive jewellery – we usually collect these throughout the year and scrounge off other people.

*“Wendy and Mike have been working with our school for the last three years. During this time the influence towards the young people was only superseded by the enthusiasm. The message is passed on expertly and the young people are engaged from the first minute to the last. Starfish not only unlocks the minds of the uninterested but it also encourages pupils to follow their hearts.”*

**Lee Hawkins** Teacher  
Archbishop Grimshaw  
Catholic School,  
Chelmsley Wood,  
Birmingham

continued...



www.starfish.org.uk



# Starfish

'making the difference.'

### Session 3 – Juggling – failure is good!

You will need a set of juggling balls for yourself and a set for each of the students, however, the latter is at your discretion. We set the students a challenge of learning to juggle before the end of the six sessions. We print the instructions off the internet. *Cost approx. £1.00 per set.*

### Session 4 – Networking

We use the whiteboard or flip chart to plan a 16th birthday party. We encourage the kids to think about how they might network with other kids, adults or anyone who knows anyone to get a great party organised. Networking in the business world is paramount to being successful. We use examples of Facebook, Bebo, and Linked In. *Approx. Cost £5 – Birthday Cake.*

### Session 5 – Attitude in the work place

You will need a Mr Potato Head toy (yes, the one from Toy Story) for this session. Here we use each part of Mr Potato Head to demonstrate and discuss your attitude and conduct at work or college. *Approx. Cost £10.00.*

### Session 6 – Take control of your life and take action

For this session we use a remote control car to support our theory that your future successes are down to you and not anyone else. So, to have someone else driving you is not going to get you to where you want to be in life. *Approx. Cost £8 – 15.00 for the car and £10.00 for clapper board.*

## How

We are looking to run a series of breakfast seminars to share our experiences as Starfish coaches and what your commitment would entail.

If you're still interested we will then run a half day workshop to introduce you to the six key messages and the props we use to do that. All you need to do then is choose a local school where you would like to introduce Starfish and agree a programme of sessions.

To register your interest, please email us at [info@starfish.org.uk](mailto:info@starfish.org.uk) and we will be in touch.

## What

In return we would like to know how you think your group responded, some news to add to the website and a testimonial to support our good work. Testimonials from both the kids and schools would help to reinforce our messages.

Our interactive group forum will allow you to communicate with schools, kids and other coaches to share ideas and feedback.

**For more information visit our website on [www.starfish.org.uk](http://www.starfish.org.uk).**

### Summary of costs

Initial outlay for the programme  
(sessions 1-6)

**Approx Total: £50.00**

#### Each week

Pop 1 bottle of coke,  
1 bottle of fanta and  
1 bottle of water  
= £3.00

£3.00 x 6 sessions = £18.00

Biscuits Twix, Kit-Kats or  
Penguins (or similar)  
= £3.00

£3.00 x 6 sessions = £18.00

Plastic cups for pop  
(usually 12 – 15 cups per week)

Pack of 100 = approx. £5.00

**Total for all 6 sessions: £41.00**



[www.starfish.org.uk](http://www.starfish.org.uk)