

PRIMARY SCHOOL PROPOSAL
SEPTEMBER 2026



HAYLEY MEEHAN
WELLBEING AND MENTAL HEALTH COACH



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MENTAL HEALTH COACH

About me

Hello, I'm Hayley, founder of Helping Little Minds. I am an accredited wellbeing and mental health life coach with over 17 years of experience working with children as a teacher.

My passion is empowering children and giving them skills for life. I offer practical, engaging, and child-led coaching sessions designed to support wellbeing, mental health, and resilience.

I pride myself on building genuine connections with children so they feel safe, cared for, and able to trust me. Creating a calm and supportive environment helps children open up, grow in confidence, and develop positive coping strategies.

If your children need support with their wellbeing, mental health, confidence, or resilience, my sessions can help. I offer a wide variety of programmes, which can also be tailored to meet the individual needs of your school or setting

Hayley

Overview

Helping Little Minds delivers tailored wellbeing support through an integrated approach, combining coaching, movement and mindful development

Sessions are designed to help children enhance emotional regulation, increase confidence, and strengthen resilience through interactive and child-centred experiences.

My approach provides pupils with the emotional foundations and self-management tools needed to thrive personally, socially, and academically.



07949861173



HELPING LITTLE MINDS



HELPINGLITTLEMINDS_

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FOR MORE DETAILS OR TO
DISCUSS ALTERNATE PACKAGES,
PLEASE GET IN TOUCH

HAYLEYHELPSHEAL@GMAIL.COM

EACH PACKAGE CAN
BE TAILORED
TO MEET
YOUR SCHOOL'S SPECIFIC
NEEDS

FULLY
INSURED

ENHANCED
DBS

Delivery packages



BRONZE

BRONZE PACKAGE
HALF DAY (£250)

INCLUDES:
1 TO 1 SESSIONS
GROUP SESSIONS
CLASS SESSIONS



SILVER

SILVER PACKAGE FULL
DAY (£400)

INCLUDES:
1 TO 1 SESSIONS
GROUP SESSIONS
WHOLE CLASS
SESSIONS



GOLD

GOLD PACKAGE
£450 (DAY)

INCLUDES:
1 TO 1 SESSIONS
GROUP SESSIONS
WHOLE CLASS
SESSIONS
CPD FOR STAFF

Programme options

OVER A SET
NUMBER OF
WEEKS

BOOK
FOR A
FULL TERM

BOOK FOR
AN ENTIRE
ACADEMIC
YEAR

Session options

FOR MORE DETAILS
OR TO
DISCUSS
ALTERNATE
PACKAGES, PLEASE
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20 /30 min assembly

A fun and
interactive
assembly
helping children
understand their
emotions and
take control of
their minds

They will learn
how the 3 parts
of the brain
work in unison.

(other
assemblies also
available)



Confidence, calm and control (30 mins - 1 hour) (This usually runs over 8 weeks)

One to one or small
group session
Targetted support
for an individual or
up to 6 children
focusing on an area
identified by the
school.

- Building self
confidence
- Helping children to
regulate while in
the classroom.



Building confidence for life -

An 8 week
Comprehensive
intervention
helping children
develop lasting self
belief.
Duration - 1 hour a
week
(Small group)

- Sessions-
1. The chimp and
the brain
 2. 8Worry gremlins
 3. How full is our
jar?
 4. Label it - tame
it.
 5. Achievements for
the year.
 6. Jar of positivity.
 7. In my control and
out of my
control.
 8. My values.

**Each session will include focus activities, physical activities and games.
Support will also be provided for staff members,
if required.**

FULLY
INSURED

ENHANCED
DBS



MY PROMISE

Emotional wellbeing support

Helping Little Minds offers children a safe and supportive space where they feel heard, understood, and valued. Through individual coaching sessions, pupils are encouraged to explore their thoughts and feelings, develop self-awareness, and build positive coping strategies that can support their emotional wellbeing both inside and outside of school. over

Building confidence and self-esteem

Sessions are designed to nurture confidence and encourage children to recognise their own strengths and abilities. By celebrating progress and promoting a growth mindset, pupils become more willing to engage in learning, communicate positively, and approach challenges with greater self-belief

Developing emotional wellbeing

Children are supported in understanding and managing their emotions and constructing healthy, practical techniques, movement strategies, sessions help pupils improve emotional regulation and feel more equipped to manage everyday pressures and transitions.

Supporting schools and families

Helping Little Minds works collaboratively with schools and families to provide consistent and meaningful support for children. The aim is to complement existing pastoral and wellbeing provision while helping pupils feel more emotionally secure, engaged, and ready to learn.



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HOW COACHING
SUPPORTS SCHOOL
AND OFSTED GOALS

“Well-being sessions
Contribute
positively to a
school’s personal
development and
wellbeing offer, areas
increasingly
highlighted during
Ofsted inspections.”

Personal development – builds character, resilience and self awareness

Behaviours and attitudes – encourages regulation, respect and positive peer relationship

PSHE and SEMH – Supports curriculum through engaging, child-led coaching

Leadership and management – external, specialist input to meet pupils' emotional needs.

PE and sport premium – active, movement-based sessions that align with sport premium goals to enhance physical and emotional well-being