



Introducing CHAMPS Academy

The Transformational Confidence, Emotions & Life Skills Coaching For Young People

If your child or teenager has lost their smile, struggling at School or just simply finding 'life stuff' overwhelming then they're not alone. Thousands of kids are feeling it too and parents get stuck as to what to do for the best.

If this is you and your child then there's a simple solution... equipping them with simple tools, techniques and strategies to overcome challenges, increase self-belief and massively improve their overall confidence so they can be their best in all things.

Life is a lot more challenging for young people now, not only do they have the usual pressures of growing up, such additions as social media pressure, greater academic stress and body image anxieties are making them very unhappy.

Founded by children and teens confidence, psychological and emotions expert Annette Du Bois, CHAMPS Academy is the UK's number 1 kids/teens confidence and life skills coaching organisation.

Helping thousands of young people worldwide to live happier more confident lives with unique, practical, proactive and positive transformational coaching, to be equipped for life's challenges.

Practical Support for Your Child or Teen

- ✓ Increased Self-Confidence
- ✓ Improved Communication
- ✓ Change Nerves into Confidence
- ✓ Manage Exam or School Work Pressures
- ✓ Make New Friends
- ✓ Manage Negative Emotions
- ✓ Increase Mental-Wellbeing
- ✓ Overcome Shyness
- ✓ Overcome Bullying Issues
- ✓ Relax and Feel Happier
- ✓ Achievement and Success
- ✓ And Much More

CHAMPS Coach Marie Jones

Hi, I'm Marie, your local CHAMPS Academy Coach. As a Mum and an active part of our local community I've seen how over the years our young people have become more stressed, socially isolated, anxious and withdrawn. They struggle to handle pressure, deal with

emotions and overcome challenges, and lack the confidence and emotional resilience to manage the ups and downs of growing up.

I'm proud to be working alongside One2One Therapy in Bridgend to help more young people through CHAMPS Academy Kids/Teens Confidence and Life Skills Coaching.

Here's how I can help...

1:1 Coaching:

I personally coach your child in one of the welcoming One2One private rooms. I offer a very relaxed, conversational style of coaching for them (and you) to learn the tools they need to manage the cycles of life becoming more socially confident, emotionally resilient and resourceful no matter the challenge or situation.

Quite often parents feel a group situation is the best thing to build up confidence in their child, but without the foundational tools to help them in the initial social situations, this can actually be detrimental to the outcome and cause a greater emotional situation for them.

Many parents' feedback>> <https://uk.trustpilot.com/review/champs-academy.co.uk> is of absolute joy and peace of mind of the quick results to see their son/daughter more confident, assertive and happier at School and home.

Free Trial Session

One of the best ways to get the help you need for your child or teen is to arrange the trial 15-minute session. This helps me more accurately evaluate their needs to offer the most relevant 1:1 coaching package to give you the positive outcomes you're looking for.

Book Your Complimentary CHAMPS Academy 1:1 Coaching Trial Session>> champs.mariejones@gmail.com or text Confidence + Your Name to 07860 642405

Courses:

From time to time I run the various CHAMPS Academy Courses. These are inspirational, interactive and lots of fun and designed to help children in a group environment.

Social Confidence:

Skills to improve confidence in social situations including...

- ✓ Confident Communication
- ✓ Healthy Friendships
- ✓ Social Problem Solving
- ✓ Self-Belief
- ✓ Controlling Emotions
- ✓ And lots more

Emotional Resilience:

Techniques to better handle emotions and feel more in control including...

- ✓ Mind Body Control
- ✓ Mind-Mood Cycle

- ✓ CHAMPS Mindset
- ✓ Perseverance
- ✓ Change
- ✓ Perspective
- ✓ And lots more

Confident Transition:

The move from Primary to Comprehensive is a stressful and emotional time for many young people. They'll learn simple and practical techniques to make it a fun adventure to look forward to, including...

- ✓ Dealing With Change
- ✓ Making New Healthy Friendships
- ✓ Adapting to School Life
- ✓ Healthy Routines
- ✓ Getting & Staying Organised
- ✓ Homework Schedule
- ✓ Social Media & Life Online
- ✓ And lots more

For more details and next course dates, contact me>> champs.mariejones@gmail.com or text Courses + Your Name to 07860 642405

Workshops:

I can offer various workshops to accommodate specific themes or topics young people need throughout the School year including...

- ✓ Bully Proof
- ✓ Exam Stress
- ✓ Body Confidence
- ✓ Back to School Anxiety

For more details about workshops, contact me>> champs.mariejones@gmail.com or text Workshops + Your Name to 07860 642405

Chat with me: I'm here to help and whatever your child is going through, often it can be really useful and reassuring just to chat about it, I understand. Simply get in touch with me. It'll be my pleasure to help – 07860 642405 or champs.mariejones@gmail.com