



Calm CAREERS
INSPIRED DECISIONS
MINDFUL DIRECTION

An all age, holistic, inclusive and personal guidance service.

Careers guidance | Life coaching | Relax Kids

Nicki Hamilton

YOU MATTER TO ME!

That's the first thing you need to know.

Whether you are a school, a family, or an individual, I work hard to offer you the best service possible. I've worked with people of all abilities and different circumstances, so I'll have a good idea how to help you and any individual additional support you may need.

I'VE EARNED MY STRIPES

I am an independent, Level 6 qualified, CDI registered Careers Adviser and Life Coach and have twenty years experience of working with children, young people, adults, parents and all the professionals in between.

I take my role and my own continuous professional development seriously and ensure that all my careers work is mapped alongside Gatsby benchmarks, local LEP priorities and Ofsted requirements.

I'm delivering Relax Kids, as I am committed to help children and young people (and the adults too!) look after their mental health and build their resilience through a growth mindset approach.

I'm also a mom of two children, a partner, daughter, big sister, loyal friend and a master balancer of work and life, while still having time for me!



An all age, holistic, inclusive and personalised guidance service, offering support to inspire visions and raise aspirations, with a mindful purpose and direction, through:



**CAREERS
GUIDANCE**

**LIFE
COACHING**

**RELAX
KIDS™**



SCHOOLS
I provide an impartial, tailored service that ensures that your students (and your staff) get the help they need.



- Careers education and guidance
- Raising aspirations and challenging stereotypes
- Life coaching

- Emotional literacy and wellbeing
- Introduction to Mindfulness
- Relaxation sessions

- Self esteem and confidence building
- Building resilience
- Anger and emotional management
- Stress and anxiety
- Motivation and focus
- Effective time management

- Transitions (to secondary school or further education)
- INSET or training days and directional CPD
- Staff wellbeing

- Transition fayres
- Network meetings



SCHOOLS

Why not consider running a careers or self-awareness theme day, with Relax Kids to finish the session?

SCHOOLS

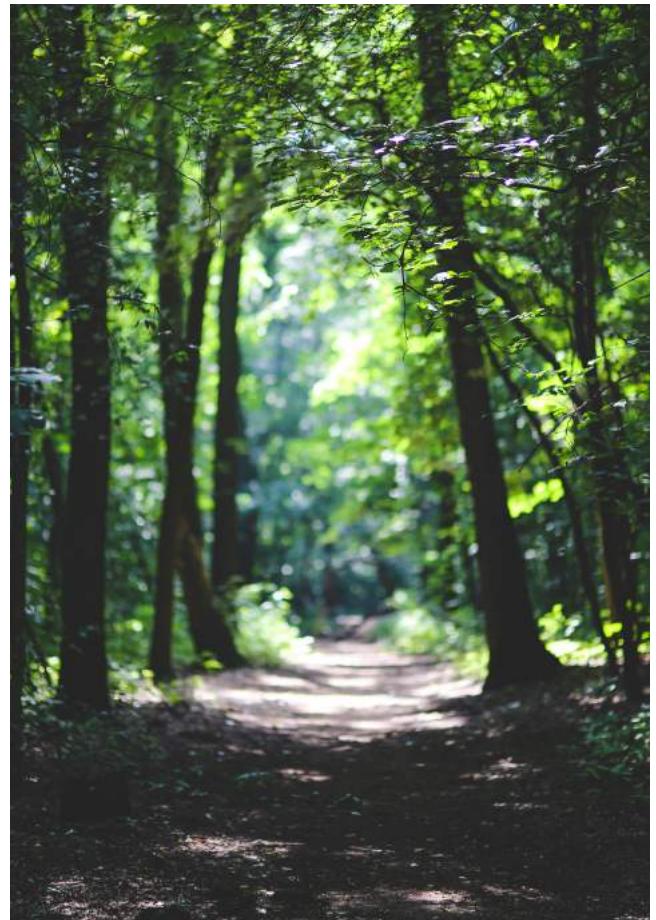
Career guidance has never been so important. It helps inspire pupils towards further study and can have a massive effect on their individual motivation and attainment.

Services Available

The impartial, high-quality education, information, advice and guidance I provide, is tailored to your needs and will help you:

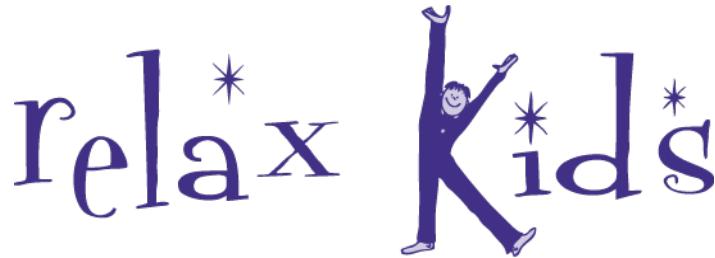
- understand your options and different paths to work, to plan the steps you need to take and to get from where you are, to where you want to go
- be inspired about new opportunities you might not have known about (or that might not exist yet), or thought you could not achieve
- understand your own knowledge and skills and how they can be used in the workplace
- get, hold and progress in a job, whatever your age, ability or background
- improve your well-being, by doing something you are good at and enjoy.

I'll give you advice, with local labour market trends in mind, taking into account any barriers, responsibilities, or additional needs you have.



SCHOOLS

Emotional wellbeing lays the foundation for adulthood, ensuring young people are able to participate fully as adults, with healthy behaviours and educational attainment.



Relax Kids classes help children be more calm, focused and relaxed and supports them to become more confident and resilient, by increasing their emotional awareness and intelligence. We take children from a high to a low energy, encouraging them to relax, while letting them be creative and imaginative. Children leave a class feeling calm, confident and positive, with a new set of skills they can use to keep them happy and calm at school and at home.

Classes follow a 7-step system incorporating dance and movement, fun and relaxation games, stretches, massage, breathing exercises, affirmations and relaxation, mindfulness and visualisations.

It can be delivered in groups, or in 1:1 situations and has helped support children with low self-esteem and confidence, special needs, Autism,

ADHD, ADD, selective mutism, anger and anxiety issues, vulnerable, gifted and talented and behavioural problems.

Relax Kids is award winning. It was used as part of an NHS programme which won the 2011 Nursing Standards Award (Mental health category) and is endorsed by education consultants, psychologists, teachers, social workers, therapists, doctors and nurses, foster carers, family workers, learning mentors, SENCOs and Ofsted inspectors.



And it's not just for kids

Life leaves us frazzled. We are all trying to do more, be better, achieve more. We are all looking for a better life balance- to enjoy more of what is around us.

I'll help you with this. I will help you focus on using your energy wisely.

I'll help you get perspective, or ignite your spark for your future dreams.

By offering practical tips, through solution focused coaching, you can make the changes that will work for you.

I'll help you ground yourself.

I'll help you breathe.

I'll help you press pause and start again stronger.

By being mindful and paying attention to what is happening and how we are feeling, we make good decisions, rather than by being ruled by our emotions. We problem solve better, manage our emotions, are more resilient and attentive.

So, whether it's for you, or someone else, get in touch, to see how I can help.
Services include:

- 121 and private consultations.
- Small group sessions.
- Full class size workshops.
- Assemblies or presentations.
- Training days.
- Evening and weekend classes and sessions.
- Parent support groups.



SCHOOLS

How about running:

A teacher or governor wellbeing session, or parent workshops, for themselves, or how to help their children?

How do we survive and thrive in this uncertain and unpredictable world?

One step at a time..the smallest step in the right direction-
these end up being the biggest steps of your life.

I appreciate massively everything Nicki has done for me. Without her I feel like I would have wasted the next two years of my life, but she managed to put me on the right path to achieve the most I possibly can. With Nicki's assistance I am now in Further Education and I am studying subjects I am really enjoying.

Callum, West Midlands

Nicki helped my son enormously. I cannot recommend her highly enough, she listens and makes the young person feel completely at ease. He had been failed by his school as they had not given him any kind of career advice and with Nicki's help, he found out how to navigate the vast array of information about his career choices on the internet and tailored it to his needs.

Louise, West Midlands

Thanks again for the staff training. Everyone was very positive about it and some staff have tried out some of Nicki's suggestions on creating calm classrooms - ideal when the School disco and wet playtime fell on the same day!

Liz Thacker, Landywood Primary School.

Contact



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