



GOALS PROGRAMME



November 2019.

Trishan Patel Coaching- GOALS Football Behaviour Programme

To whom it may concern;

Cardinal Newman Catholic School is a Roman Catholic Academy that caters for pupils aged between 11 and 18, located in the Warden Hills area of Bedfordshire. There are currently over 1500 students on roll. The school is named after a Cardinal of the Roman Catholic Church, Saint John Henry Newman.

As the only Roman Catholic secondary school in the whole of Luton, the school is constantly oversubscribed with over 400 applicants each year, yet with 270 places to offer. Cardinal Newman also has its own Sixth Form, and this has over 150 places to offer students from both inside and outside the school. In September 2015, Cardinal Newman Catholic school converted to an academy.

Interventions such as those provided by Trishan Patel Coaching are an important addition to our student's education in preparation for the independence required to become positive adults. By adapting to the needs of the individuals within the group and by breaking down any perceived barriers, Trishan offers a sound basis for the students to enjoy, engage and progress through the programme, whilst providing the safe and equitable setting we expected for the students learning. The Goals programme is a mentoring intervention which leads the students through an emotional journey and provided an awareness, with some tools to help them succeed.

Engaging with Trishan Patel Coaching has proved to be a positive experience for both students and the staff at Cardinal Newman Catholic School. The relationships that have been built have enabled Trishan to professionally motivate the students into reflecting and challenging their own behaviour, both within school and into the wider community. The students were open and involved during the group sessions and shared with their peers the areas that they felt required improvement, whilst accepting any observations made about them by the group.

We would highly recommend a programme provided by Trishan Patel Coaching as an appropriate and a good value intervention when additional support and mentoring has been identified.

Kind Regards,

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Cardinal Newman Catholic School

A Specialist Science College

"Together towards our Lord, through learning, love and faith"