

The power of positivity

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**IMPROVEMENT ISN'T
ENOUGH**



**Nurtured Heart Approach® brings
transformation**

Building inner wealth™

To use intensity well,
children need to be
stronger on the inside.



A portfolio of experience

Every child has a
portfolio of **who they
think they are.**

How relentlessly can we
help a child re-frame
their experience of **who
they really are?**



How do we build a new portfolio?

- The task is not about erasing an old portfolio
- The task is to create a new portfolio that is energetically aligned
- Confront children with who they are by using any moment to point out successes
- Embed what we have to say about a child's greatness into the first-hand experience of the moment

the NHA core methodology:

The 3 stands

- 1. Absolutely No!*
- 2. Absolutely Yes!*
- 3. Absolutely Clear!*



Is it BORING when things are going right?

- Our responses to the positive **pale** in relation to those for the negative.
- We inadvertently show children they **get more from negativity**.





Stand 1: Absolutely NO!

I refuse to energise negativity. I will not reward negativity with my energy, connection, or relationship.



Stand 2: Absolutely YES!

I relentlessly create and energise positivity and success. I energise and nurture firsthand experiences of success.

New ways of being positive

It's more than "Catch them being good."

Use stronger, more specific positives...

- that navigate around defenses
- that give evidence of greatness
- that ensure the positive is felt and digested as success
- that helps them see themselves as a person who is great

Introducing Greatness

What is Greatness?

It's your positive qualities and values that make you who you are.

Recognition of these qualities help to develop Inner Wealth TM

NHA recognitions

The intention of giving recognition is to:

- Be truthfully appreciative
- Be authentically acknowledging
- Build Inner Wealth™

How do we do this at The Benjamin Foundation?

Time for You / Butterflies Emotional Wellbeing Support -

One to One work with children and young people

Parent Courses – Workshops and 3 week courses

Inclusion Project- Empowering parents in supporting children at risk of exclusion from school

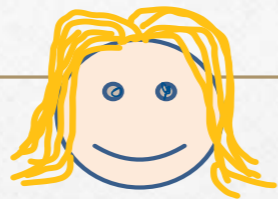
Young Carers – Showing parents how to see the greatness in themselves as well as their children

ALL TBF STAFF – are trained to use NHA with every young person and with each other.

THIS IS ME..... Showing a child their own greatness



My Friends..... Looking for the greatness in others



Sophie
Kind, caring
fun to be with



Freddie
Sporty, fun
team player



Josh
Comedian, friendly
individual



Leyla
good singer, kind
supportive



IMOGEN



OWEN

Helpful

Imaginative

Friendly

Careful

Focused

good learner

Good Balance

fast!

Tidy

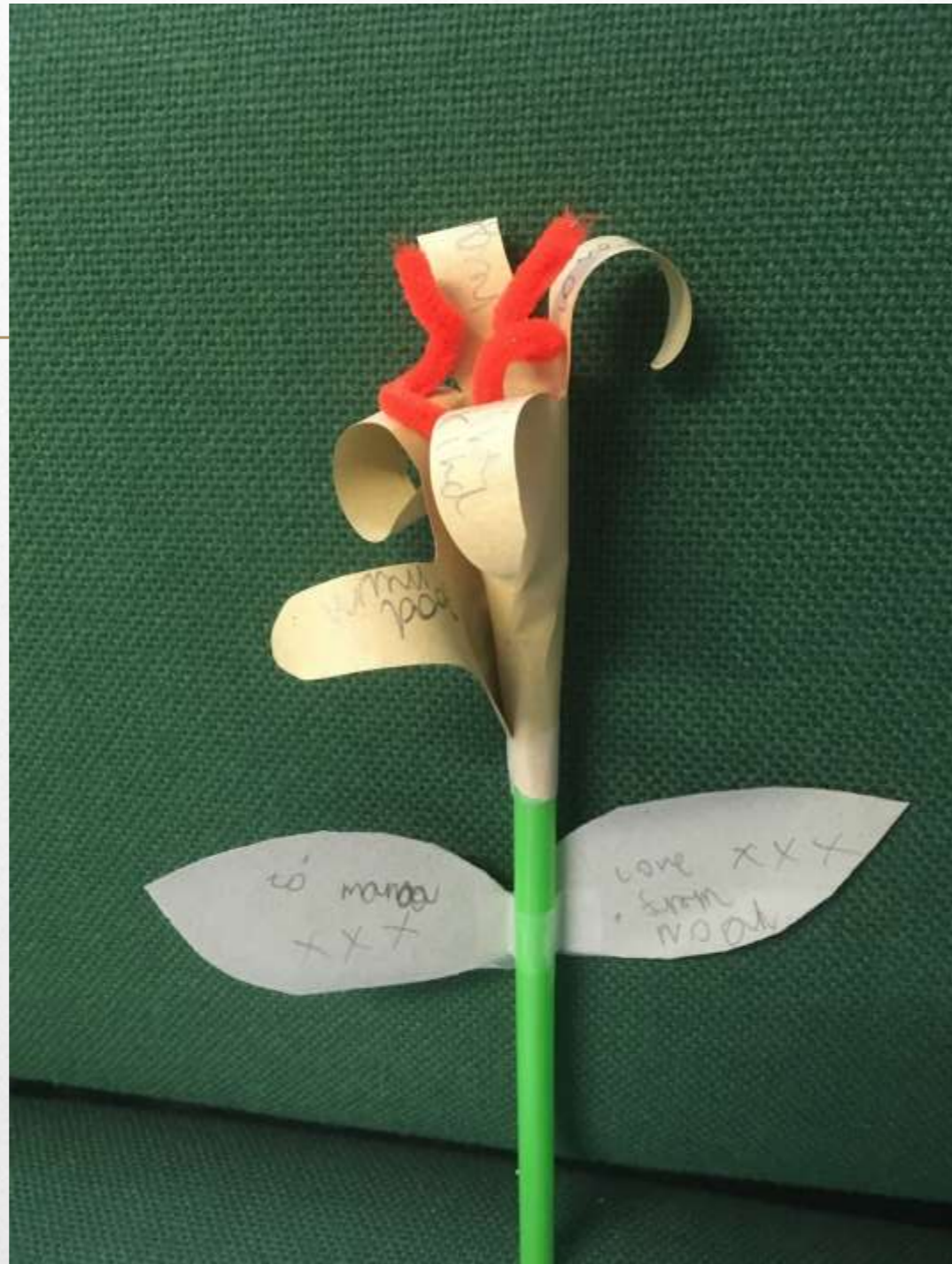
Courage
in
sporty

polite

Team player

Greatness Cookie





Greatness Jar



The power of positivity

Learning about their positive qualities of Greatness, creates Inner Wealth in children and young people which in turn develops:

- A positive sense of self and inner voice
- The confidence to make positive choices in the face of peer pressure
- Ability to self-regulate
- Resilience in adversity
- Positive aspirations and happiness
- Enabling young people to FLOURISH

The Nurtured Heart Approach really makes the difference.....

the sessions help because
when something is
wrong I know know what
to do and they help
me know who I
am.
Meghan



What do you see?

**“When you change the way
you look at things, the things
you look at change.”**

- Wayne Dyer



- What do you see?
- What is happening?
- What is not happening?
- What does it say about who they are as a person?



Stand 3:

Absolutely clear!

*I set and enforce clear limits and clear consequences in an un-energised way.
I will always provide a true consequence.*



The Key to Consequences:

- **No longer about punishments**
- **A chance to reset**
- **Reset always starts with yourself**

You & Resets



- Think of a moment when you were really escalated...
- What helps you to reset yourself?
- What doesn't help you reset?

WHAT IS THE NURTURED HEART APPROACH[®]?

.....
A set of strategies for helping
children (and adults) use their
intensity in successful ways...
and awaken to their greatness!





Nurtured Heart Approach®

Training for school staff and parents

Delivered by local charity The Benjamin Foundation, this training can help to manage challenging behaviour, both at home and in the classroom.

It can also give you tools for family transformation, help to build self-esteem, and support you to develop strong and positive relationships to rediscover the joy of parenting.

The average child spends six hours or more a day in school. Bridging home and school will enhance the impact of the approach.

"I think the whole course was valuable, I learnt a lot on how to handle difficult behaviour through the Nurtured Heart strategies and how to transform unwanted behaviour into good behaviour."

"This was a really good course, led with professionalism and passion which kept the course interesting from start to finish. Thank you."

Thank you
for
listening

Q & A

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