

Inside Out is a new approach to reducing exclusion and improving behaviour, empowering teaching staff and children alike towards solution-focused thinking and success

Our support services, led by educationalists with substantial experience in school leadership, are based on Genius Within programmes which have been running successfully across the UK for several years and have proven impact working with a range of individuals, including adult offenders.

For more information Inside Out, or to discuss any of our other support services for young people and their supporters, please contact:

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Children with neurodiverse profiles often demonstrate good cognition and achieve well in some areas, such as investigative science, PE or design and technology. For further information, visit:

[https://www.geniuswithin.co.uk/gw\\_faqs/what-are-neuro-differences/](https://www.geniuswithin.co.uk/gw_faqs/what-are-neuro-differences/)



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*Supporting young people  
to successful futures*

## Inside Out



**Transform your school with the Empowerment Approach™**  
*A new innovative approach to managing behaviour, removing  
barriers to learning and engaging young people*

## Supporting our most vulnerable pupils

This approach, an effective way of working with all young people aged 4 to 18, is particularly valuable in supporting those who exhibit neurodiverse profiles\* (though may not have a formal diagnosis) and meet one or more of the following criteria:

- Demonstrate social emotional difficulties which may lead to unwanted behaviours.
- Can sometimes struggle to access the curriculum or engage in learning at school.
- Are underachieving in literacy and / or numeracy yet appear 'bright' and perform well in some other subject areas.



## Additional Support Services

**Removing Barriers to Learning (whole school improvement project):** A complete school audit, whole staff training, individual staff coaching as required and an evaluation of impact completed at the end of the project.

**Positive Cognitive Assessment (aged 7 yrs+),** including Vocational Strengths and Careers Advice for 11 – 18 year olds): Providing an accurate picture of strengths and difficulties, with a focus on strengths and how these can support academic and career success now and in the future.

**Parent As Coaches:** a ten week programme for parents and carers to learn the same skills to use in the home as those taught in the Inside Out programme.

**SENCO support** focusing on provision for neurodiverse pupils and those of highest concern.

**Direct coaching:** face-to-face co-coaching with the young person in school which can be delivered individually or, where appropriate, in pairs and small groups.

## Why Inside Out?

- Do you have young people within your organisation who are struggling to concentrate and engage and can find it hard to keep to agreed boundaries?
- Is this causing a barrier to their learning and disruption to that of their peers?
- Have you tried different strategies but have not yet found one that really makes a sustainable difference?

With Inside Out, both adults and young people are empowered, providing a welcome alternative to traditional methods which focus on extrinsic controls and often lead to inconsistent erratic progress.

## Developed by a multi-disciplinary team

Inside Out is a training package for school staff developed collaboratively by a team of educators and psychologists, which provides a new and innovative approach to working with young people. We explore issues, find solutions and impact sustainable, long-term change.

## Empowered Staff

Staff learn a set of tools and models to improve communication and remove barriers to learning, leading to student empowerment, academic success and lasting self-efficacy.



## Training Duration

Inside Out consists of:

Training for all school staff: 12 hours of staff training which can be delivered as two full days, four half days or six twilight sessions.

This training is best delivered to all staff within a school, though larger organisations may prefer for the training to be provided within individual departments or key stages.