



**LITTLE MIND
MASTERS®**
TRANSFORMING YOUNG MINDS
— BY LES ROBERTS —

**Supporting children's emotional
wellbeing for calmer classrooms
& stronger learning**



**Helping Children thrive in
school & beyond**

What if every child in your school had simple tools to feel calmer, braver & more in control?

**Think of the difference —
fewer disruptions,
smoother transitions &
classrooms where children
thrive**



**Many children struggle with anxiety, low confidence,
worries or emotional regulation**

**These challenges affect focus & concentration,
attendance, engagement, friendships & behaviours**

**Teachers often feel over
stretched, however, with the
right support, children can
thrive in the classroom, giving
Teachers more time
to focus on what
they do best - teach**



Calmer minds. Braver hearts. Happier learners.

**When pupils are given the right tools to manage their emotions,
the benefits are felt across the whole school community**

**Our programmes are designed to reduce worries, stress &
emotional outbursts, creating calmer classrooms & fewer
behaviour-related disruptions**

✨ **Building confidence & resilience encourages pupils to engage
more fully in learning & approach challenges with
a positive mindset.**

✨ **Improving focus & concentration leads to better academic
outcomes & smoother classroom routines**

✨ **Developing emotional awareness & self-regulation helps
children form healthier relationships, manage transitions &
contribute to a supportive school environment.**

The result?

✨ **Happier pupils, more settled classrooms & teachers who can
spend more time focusing on learning**



Our programmes give children practical tools to

- ✨ **Manage worries, stress & big emotions**
- ✨ **Build confidence & resilience**
- ✨ **Improve focus & concentration in class**
- ✨ **Develop emotional awareness & self-regulation**

We offer:

- ✨ **Small group programmes in schools (4–6 weeks)**
- ✨ **1:1 therapeutic support for individual pupils**
- ✨ **For staff & parents to support consistent strategies at home & in school**
- ✨ **Training for staff**



Why Schools Choose Us

- ✨ **Over 25 years' experience working with children**
- ✨ **Safe, supportive & child-centred approach**
- ✨ **Sessions linked to wellbeing & resilience**
- ✨ **Positive outcomes for pupils, families & classrooms**
- ✨ **In accordance with health & wellbeing strategies**



Real Parents – Real Feedback

“Your voice is so calming & soothing. I almost cried when I listened to the recording. Thank you”. LP Mum to RB

“I highly recommend Les, she helped my little boy overcome a fear of going to school. I couldn’t thank her enough when I literally thought there was no way out of this, she showed us both there was. She changed our lives I’ll be forever grateful” CM mum to JM



“Les is such a beautiful soul, who has helped our family beyond words. Cannot recommend Les enough. Thank you for everything you have done & continue to do” NS mum to BS

“The sessions were great and gave my son a lot of tools to cope with moving on from his accident & to build his confidence back up to play sport again soon.

We’re sad the sessions are over now!” KM Mum to EM

**Together we can create calmer
classrooms & happier learners**

ABOUT LES ROBERTS



I'm Les Roberts, an Advanced Children's Therapist, passionate about helping young people feel calmer, happier & more confident in their everyday lives. With over 25 years experience working with children, I've seen many struggle with worries, anxieties, big emotions or low confidence & how this can impact not only them, but the whole family. My work is all about giving children a safe, supportive space where they can explore their feelings & learn simple, practical tools to manage them.

**Book a free initial discussion
Sessions online or in person**

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