

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.

NHS & NICE guidelines highlight the importance of early intervention in children's mental health, reducing the risk of long-term issues

✨ Research & studies show that teaching emotional regulationreduces anxiety, improves school attendance & lowers stress-related health complaints (headaches, stomach aches, eating & sleep problems)

✨ Evidence indicates that resilience-based interventions in children improve mental health outcomes & reduce reliance on healthcare services

When children learn simple, practical strategies to manage their emotions,
the benefits are wide-reaching:
✨ Reduce worries & stress – lowering frequency of stress-related symptoms
✨ Improve sleep & routines – helping children feel more rested & resilient
✨ Build confidence & resilience – supporting healthy emotional development
✨ Strengthen self-regulation & coping skills – preventing escalation into more complex issues
As the saying goes, prevention is better than cure — equippingchildren early reduces long-term risks & promotes healthier outcomes

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

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





Provider of St Helens Council HAF Provision since 2021

My 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 me

✨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



Helping children thrive so Teachers can focus where it's needed most

Real Stories – Real Change

Every child is different, but one thing is always the same
The right support at the right time can change everything.

✨ The support I offer is bridging a gap where otherwise parents would be left not knowing where or who to turn to
Children who didn't meet CAMHS thresholds
have benefited massively with my services
I'm seeing improved mental health, reduced GP visits and stronger family relationships

Ready to Take the Next Step?
Whether you're a parent, educator or health professional, getting started is simple:

✨ Step 1: Download the brochure that's right for you from my website

✨ Step 2: Make an enquiry or referral
Send a message, book a call or make a referral.

✨ Step 3: Begin the journey
Together, we'll explore the right support — whether it's 1:1 sessions, group programmes or collaborative input

ABOUT LES ROBERTS

I'm Les Roberts, an Advanced Children's Therapist, based in St Helens
I'm 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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GHR
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