



Redefine Mentoring Limited Company No.08778931

"MY SU HAD SO MUCH

My son Karl had so much fun with these guy They got him motivated, especially when he's not really a sports fan. But they managed to turn round and wow. I think Karl loves it now.Rede got him on the treadmill to strengthen his muscles in his legs, as he can't walk. I would highly recommend this to anyone as i really helped my son & these guys have got the patience of a saint."

Sue O'Brien.

RECO **REDEFINE MENTORING**

Highly recommend Redefine Mentoring to anyone who has a child with disabilities or struggles on a daily basis at whatever level, Johan worked with my son and helped him gain confidence in not just himself but in his ability of sporting activities that they attended, alongside being a friend that he could trust and confide in. Even now Johan will message my son and pop in to see how he is getting on which goes to prove the level of commitment and compassion that he puts in to his mentoring."

We are both extremely grateful and thank you very much.

Joanne Britton Millard.

My son has ADHD and Aspergers. He started with Redefine Mentoring and it was the best thing that happened to him. He looked forward to going out with his mentor, Johan Schoeman. He learned so much on his days out and would come home and tell me how his day had been from start to finish and couldn't wait for the next session. My child is a child who does not want to leave his beloved Xbox, let alone the house. But on the days he was going out with Johan he would be up, dressed and at the door. My son has had a few mentors over the years but none can come close to Redefine Mentoring Limited. I would personally recommend this company to anyone.

Paris Williams.

VALUES

We are realistic yet ambitious.

We are honest & respectful.

We are reliable & loyal.

We make a difference.

We deliver elite quality coaching.

MISSION

We are committed to inspiring and educating vulnerable people through exceptional coaching.





















What do we offer?

Redefine is a bespoke mentoring and coaching company that delivers services specifically tailored and packaged to a service user's needs. You can combine any of the following.

One to One Mentoring

With a combined 30 years experience and outstanding results, Redefine work with some of society's most challenging and/or vulnerable service users. We pride ourselves on building strong relationships to turn desperate lives around and create positive futures where there once seemed to be no light at the end of the tunnel.

Sports Coaching

Redefine offers a wide range of sports coaching whether it's on a one to one or group basis. We have worked with academies, schools, clubs and elite athletes; covering sports such as rugby union, rugby league, tennis, squash, badminton, athletics, swimming, boxing, kick boxing and football. Sports coaching has proven an invaluable way to create connection with our clients and provides them with stress relief, self confidence, feelings of achievement which build into better mental health all round. All our coaches are fully qualified in the sports they coach and we are always improving our training and looking for new ventures.

Personal Training

We offer professional personal training, which is predominantly carried out one to one. We create a personalised training programme with realistic goal expectations.

Nutrition and Diet

We also offer professional nutritional advice, creating personalised dietary plans for any need and we can partner this with a training programme either gym or sports related.

Education, Qualifications, Apprenticeships & Work Experience

Redefine has developed an in house education programme using higly experienced, qualified and motivated coaches who can deliver a variety of subjects, qualifications, life skills, employability skills and workshops. This works alongside our coaching and mentoring programme where we develop confidence, communication, healthier and happier outlooks on life and the future.

Stress, Anxiety, Anger Management, Mental Health and Learning Difficulties

With over 30 years combined experience working with specialists from mental health services, doctors and psychiatrists, we fully understand the needs of service users in these areas. We work closely with the professionals and always provide the best support that we can.



SERVICES

1. SPORT & COACHING



Redefine offers a variety of sports coaching, which can be catered to suit each service user's ability, personality and interests.

Our list of sports includes Golf, Squash, Badminton, Athletics, Fitness & Gym, Boxing/Kick Boxing/Martial Arts, Basketball, Fishing and both codes of Rugby.

Redefine has access to a pool of talented professional and former professional athletes who have worked on the Dame Kelly Holmes Trust and Sky Sports: Living for Sport. Redefine's coaches are fully qualified in the sports listed above as well as being First Aid trained.

The team sports have access to a wide variety of facilities including, but not limited to, SGS Sports Campus and UWE (University of the West of England).

We believe that sport helps an service user gain confidence, improves physical fitness and mental well being, and also helps to channel concentration. Would highly recommend Redefine to any family or friends. I worked alongside Johan Schoeman coaching children & can say he has a superb relationship with the kids & was a pleasure to be involved with! "

> Jack Carrington Manager at Little Kickers.





2. GROUP COACHING

We are able to offer two options within group coaching.

The first option focuses on **service user sports** such as kick boxing / boxing / martial arts, golf, squash, tennis and badminton. This option can be coached to groups of up to 4 per coach. Our other option focuses on **team sports** such as Rugby League, Rugby Union and football. This is conducted in an academy style training session and is most popular with schools and universities.



Cricket is also a popular option for group coaching.

3. NUTRITION, DIET & PERSONAL TRAINING



Redefine personal trainers specialise in creating diet plans to fit the needs of any service user, for any purpose, whether it is for training, becoming healthier, or just to help sustain a healthy lifestyle.

We also put together an exercise programme

that compliments the diet plan.

We closely monitor any progress and make adjustments to these if/where necessary. As part of our coaching we also offer personal training services where gym programmes are overseen by our personal trainers.



4. WORK EXPERIENCE

Redefine has strong work links with local and national businesses. We provide great work experience through these links to those who may not be able to access these kinds of careers alone. These work experiences offer the conditions to develop interview techniques, communication skillsand learn how industry works on both the coal or national level. Ultimately, they help individuals build skills and confidence in working environments.



The Artisan Coffee Co. journey began in early 2019, with a team of inquisitive minds; a serial entrepreneur, a Q grader (the coffee industry's equivalent to a wine sommelier), and a coffee research scientist. Our shared passion for coffee ignited hours of conversation that resulted in a clear mission: to deliver delicious coffee that everybody can enjoy.



RJM Design and Build Ltd Specialise in carrying out high quality building works from kitchens, loft conversions, bathrooms and general building work.



Squirrels Bootcamp offers fun and exercise classes to 3-6 year olds. Using high standard facilities, the highest quality equipment and a large area in order to deliver the best coaching possible.



Breakaway And Safe Intervention Specialists

Basis Training (UK) Limited is in the business of helping to give you peace of mind, concerning the prospect of finding oneself in a stressful, aggressive or violent situation. This is achieved by providing you with the emotional & physical skills to cope with stressful situations or an aggressive or violent attack.



Sense Risk Solutions Ltd are an independent insurance broker based in the South West. Headed by Emily Kenna, a qualified insurance professional with over 15 years' experience in the insurance industry, Emily knows that the quality of advice that businesses get is key to their success. Sense Risk was set up with 3 key aims for business clients:

- Clear advice around risks and the insurances available to cover them
- Helping businesses arrange peace of mind covers and providing claims support
- Providing competitive solutions year on year



We combine a nerd-like passion for shipping containers, a love of interior design as well as a background in commercial and residential development. The Podville team create inspiring yet affordable workspaces. Forget bland white offices and long leases. Instead you'll find design-led, all-inclusive, flexible office spaces for Bristol's small businesses.



Spitfire Barbecue grills all their food on a coal BBQ. It offers some of the best ribs and burgers in the country. Located on the Bristol harbourside, it Is a unique and well established restaurant.



Find Your Fierce is a coaching company that specialises in personal development, confidence building, celebrating authenticity and individuality. They also provide health and fitness programmes to groups and individuals.

OAK INTERNATIONAL FREIGHT LTD.

Oak Int. are well established specialists in road freight, express freight, air freight, ocean freight, courier, packing and warehousing.



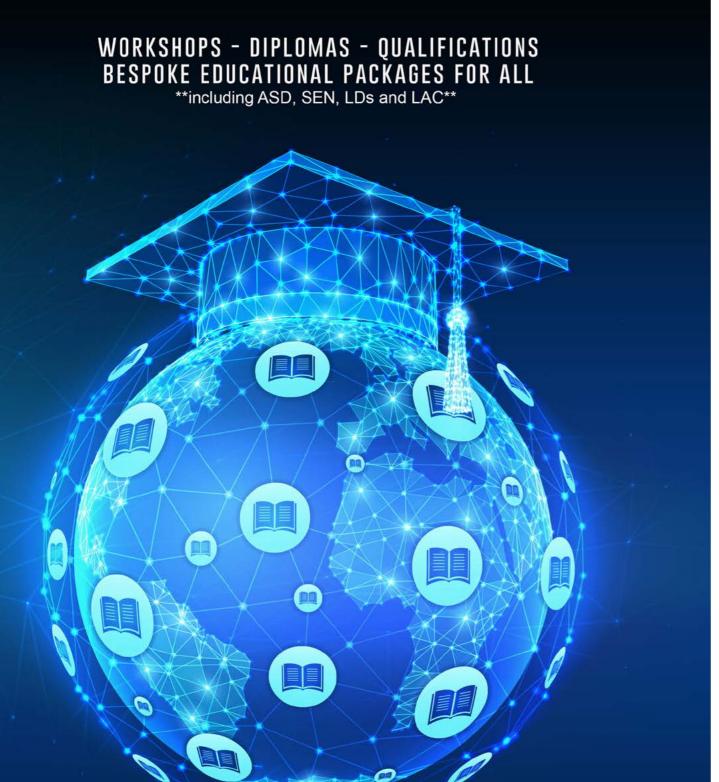
Brave work in partnership with Redefine to offer the highest standard in NLP training, as well as providing 24 hour support for Redefine's Coaches to enable them to perform to the best of their abilities.



The sales consultancy with no hidden agenda and direct communication to give you more than what you need.



Doveton Press' mission is to engage, inspire and connect organisation through the medium of print.



ELITE EDUCATION

Redefine Mentoring Limited.



Our tutors provide unparalleled support in guiding learners towards certified gualifications in a wide variety of areas including the following:

- Art award (workshops)
- ICT Functional Skills
- Hair and Beauty (workshops)
- Employability (workshops)
- English Functional Skills
- Forestry school & outdoor gardening (therapeutic workshops)
- Geography
- English
- History
- Maths
- Science
- Philosophy
- Sport
- PE
- Business Studies
- Chemistry and Applied Science and Forensic Science BTEC to A Level
- Combined Drama & Music (workshops)
- Mechanical Engineering
- Product Design
- BTEC Engineering



VOCATIONAL STUDIES

Additional to the education packages, Redefine works closely with local businesses and colleges to provide further vocational studies and work experience for our clients. We arrange one to one educational visits for students, support them during their placements and in the long term, enable them to improve their future employability.

A portfolio is created for the individuals that partake in work experience and tutoring, detailing their educational enrichment across the academic year. A one to one progression session is also held to provide students with careers advice or a further learning and progression plan.

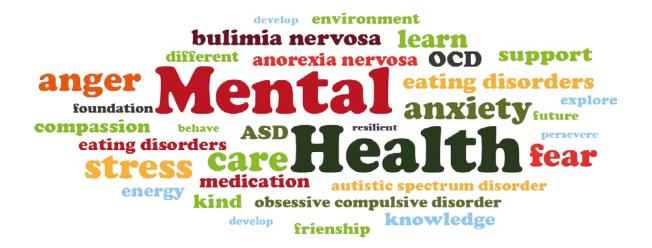
Our tutors attend termly safeguarding and e-safety meetings held by City of Bristol Council in order to ensure that we are always up to date with regulations and are providing the safest environment for our clients.

*Thought of studying or working abroad? **IGCSEs are internationally recognised qualifications, Redefine have the expertise and experience to deliver International GCSE gualifications.

WORKSHOPS, DIPLOMAS & QUALIFICATIONS

For all ages KS3/KS4 Entry level & Level 1 Entry through to level 3 (A Level) Entry level to level 2 Entry level to level 3 Vocational study workshops - college course and application preparation, college visits and liaison. Up to KS3 level Up to A level Up to GCSE level Up to GCSE level Up to GCSE level Up to A level **BTEC to Diploma** Up to A Level **GCSE & BTEC** Level 1, 2 & 3 Level 1, 2 & 3





Redefine work very closely with **Psychiatrists** and **Doctors** to ensure that we are giving the **best support** possible and that we fully understand certain areas that we are not qualified in. On some of our cases, we implement certain things that are recommended by a psychiatrist and/or doctor to **help and support** the services user to achieve common goals for mental health.

Redefine currently have a **100% success rate** with doctors and psychiatrists impressed with the high quality service we provide.

"I suffer with **post-trauma**, **stress**, **depression**, **panic attacks** and a **borderline personality disorder**. I've spent a lot of time indoors suffering from severe anxiety, a lot of mentoring companies have tried to help but have actually made things worse! After having Redefine Mentoring **my life has improved** a great deal, **my quality of life** and living has improved so much. I have so much **respect** and **admiration** for Redefine and the great work they do. They are understanding, professional and have **never let me down**. They have helped me with so much and I could never truly be able to thank them for all of their hard work. They go above and beyond, I am truly grateful to have them involved in my life and I thank social services for finally getting Redefine on board"

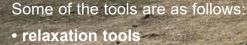
N.W.

OUR METHODS AT REDEFINE

While we have detailed some of our tools and resources, it is important to note that these are only a few examples of the many resources and methods we use. We treat every one of our clients on an service user and personal basis – this takes into account their particular learning style(s) (visual, kinesthetic, auditory, reading/written), competency levels, personal sensitivity factors and more. Our methods are adapted to cope with any of the following:

STRESS

Stress is a rather vague word and can be present in many different forms. We deal with a variety of stress ramifications - mental, emotional, physical, family/relationship stress, social, career related, self-confidence and many more. It comes in different levels and we gauge the level of stress and use the appropriate method for that service user. We handle each one of the above differently, all in relation to each service user we work with, and have a range of methods and resources we refer to, so we can ensure that the management of stress is successful.



- personal coaching
- goal/purpose setting

power of intention
 personal exercise/sports routines
 shifting your paradigm

ANXIETY

For every emotional problem, there is a source, or experience that caused it. Approaching the source is a very powerful thing to do if the client is ready. We have an abundance of skills, tools, and resources we use to deal with anxiety.

We utilise all of the following:

- cognitive therapy approach
- affirmations visualisations
- confidence building exercises and rituals

- personal coaching skills
- social conditioning
- education and experience

DEPRESSION



Depression can be one of the most difficult conditions to deal with of which there are a range of triggers. We understand that this can greatly impact the way in which support is given to each person we work with.

Whilst not always explicitly connected, depression can revolve around things that have happened in a service user's past. Unresolved traumatic events can cause people to struggle with sometimes the most basic of tasks.

With this understanding, and by creating a person centred approach we can bring in effective counselling techniques to help individuals in our care.

We approach depression in a more natural way compared to current conventional medicines. We very gently apply skills and techniques which have a proven record for success whilst being aware that depression does not always come in isolation, and can be present with other mental health difficulties such as anxiety.

MENTAL HEALTH

Redefine have been working with **mental health services**, **psychiatrists** and **doctors** since 2014. Redefine management works hard to ensure a proactive and positive workforce and environment for both staff and service users. Redefine's coaches are continuously developing and keeping updated with Mental Health UK, mental health first aid England, PBS Framework and the department of health.

"I have been with Redefine for almost 3 years now and before they came along my life was chaotic and I was constantly frightened for my life. | have learning difficulties and mental health issues. I have had a lot of companies come and go and they have all been useless in helping me with the severe hate crime I suffer from. I struggle with bills and money, keeping my house clean, shopping; these are all things I need help with. Redefine have been incredible and I do not know where I would be without them. Redefine are very helpful and can be contacted anytime for help and advice. I personally thank Johan and Gary for all their hard work "

A.M.

Redefine have taken on very challenging cases with complex needs such as the following:

- Borderline Personality Disorder (BPD)
- Learning difficulties
- Autistic Spectrum Disorder (ASD)
- Bulimia Nervosa
- Anorexia nervosa
- Additional Eating disorders
- Anger
- Stress
- Anxiety
- Fear
- Medication
- Obsessive compulsive disorder (OCD)
- Cerebral palsy
- Psychotic disorder
- Trauma-related disorders (PTSD)
- Body dysmorphic disorder (BDD)

CONFUSION

STRESS

TRAUMA

LEARNING DIFFICULTIES

PTSD

VICTIM

FEAR

ADDICTION

MISTREATMENT

GUIDANCE IFE SKILS CONFIDENCE EMPOWERMENT DOTINIS ALTICUP SOCOURAGMENT OPTIMIS OPTIMIS OPTIMIS OPTIMIS OPTIMIS



OCD

ANXIETY

DEPRESSION

AUTISM

DISABILITY

ELITE COACHING Redefine Mentoring Limited.





Squirrels Bootcamp is a fun exercise class for girls and boys aged 3-6 and 7-11.

Redefine works in close conjunction with Squirrels Bootcamp to provide our young clientele with engaging work experience opportunities.

Movement and exercise is extremely important to early physical and mental development.

Where Squirrels Bootcamp creates a **fun environment** to help children thrive and engage with exercise and nutrition using a variety of exercises, sports and a huge amount of knowledge and experience.

We use a wide variety of equipment, drills and exercises that can teach transferable skills and be applied to a range of sports as children grow.



If you'd like to know more about Squirrels Bootcamp, where classes are held, our team or for further details on our sessions, please feel free to contact one of the methods below:

Email: info@squirrelsbootcamp.co.uk Instagram & FB:@squirrelsbootcamp Tel: 0117 203 3407 WhatsApp or text: 07718173722

HEALTH & SAFETY AND INSURANCE

Redefine's Liability Insurance is held with **Markel** via **Sense Risk Solutions Insurance**. Health & Safety (including risk assessments), is held with **Peninsula** and all our staff have safety books for workplace and vehicle use. All Coaches / Mentors are DBS checked, restraining & intervention trained and have the relevant qualifications to meet our health and safety standards. All detailed documents are available upon request.













ASSESSMENTS & DIARY SHEETS

Redefine carry out an initial assessment, a progress assessment mid way through the package or course and a final assessment. For ongoing packages regular assessments are conducted. Diary sheets are kept for each session by every coach. Our diary sheets are designed to meet the needs for each service user taken on board.

	Follow up A	ssessment						
Initial	Folier							
	T		oint Of Contact					
te		P	oint of contraction					
ference Number			Address					
and the second		1						
rganisation			Date of Bir					
initials of Child/Your	16							
Person/ Adult			Age					
Gender		*****	-					
and the second			-					
Address	het							
NK / Contact Num								
Disabilities / Heal	th							
Needs	L	11						
SK	ILL SET	+	Redefine I	td dia	ry shee	Mentee/Program	ume:	Drop
Self Confidence		t	Month/Year:		S. 23.3	Anger, Stress &	Anger, Stress & Anxiety	off point
Listaning skills		an Collection	General comments on session	Locati		Anxiesy	End of session	
Accepting feed	sback	ae Collection point				eginning of session	C Anger 12345678910	Home
Adaptability			O Walks Activities	Bat	tol	Anger 2345678910	12345678910 12345678910	Church
Auspie	ament	Home		1 Mismi	mdon	2345678910	Anxiety 12345678910	Other.
manag	enter			1000	ombury	Anxiety	123420	Home
manag	on skills	Church	Bills Lenter Police	DTh	her	12345675710	DAnger 1891	0 17 1
Stress manag	ion skills	Church	Bills Lenter Doctors Police Appointments Doctors Police Getting out of the house flat		ristol	12345678910 12345678910	Danger 1234567891 DStress	10 Church
Stress manage Communicati Forgiveness	ion skills	Conter:	☐ Bills / Lenter Doctors/Police ⁶ ☐ Appointments/Doctors/Police ⁶ ☐ Getting out of the house flat ☐ Other: ☐ Discuss any concerns ☐ Reakfatt ⁷ Lunch / Dinner ☐ Café/Relaxing ☐ Reakfatt ⁷ Lunch / Dinner ☐ Café/Relaxing		ath windon	12345678910 12345678910 12345678910 12345678910	C Anger 1234567891 DStress 123456789 CAnxiety	10 0
Stress manage Communicati Forgiveness	ion skills	Other:	Bills / Leaves Appointments DoctoryPolice Griting out of the house Blat Other: Discuss any concerns Discuss any concerns Bills / Leaves Bills / Leaves Bills / Leaves Bulks / Activities Bulks / Activities		nistol ath windon Houcester Thornbury	12345678910 Cl Anger 12345678910 Cl Anger 12345678910 Cl Answery 12345678910	□ Anger 1.234567891 □Stress 1.23456789 □Anxiety 1.23456789 □ Anger	10 Other: 10 Other: 9 10 Home
Stress manage Communicati Forgiveness Patience Teamwork - Presentatio	- working with	Cother:	Bills Lettery Palice Appointments Dectory Palice Other: Deters Dete		ristol ath windon iloucester Ihombury Other: Bristol Basth	12345678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678910	Anger 1234567891 DStress 123456789 DAnxiety 123456789 DAnxiety 123456789 DAnxiety 123456789 DAnxiety DStress DStress DStress DStress DAnxiety DStress DAnxiety DStress DAnxiety DStress DAnxiety DStress DAnxiety DStress DAnxiety DStress DAnxiety DStress DAnxiety DStress DAnxiety DStress DStress DAnxiety DStress DStress DAnxiety DStress DStress DAnxiety DStress DST DST DST DST DST DST DST DST	10 Other: 10 Other: 9 10 Home 9 10 Church
Stress manage Communicati Forgiveness Patience Teamwork - Presentatio Time mana	working with	Cober:	Min Learning Decemparise Apointments Decremp Palice Other: Other: Discuss any concerns Breakfast Lunch / Dunner Café Relaung Bils Letters/ Paptroxeth Sports Gym. Apoointment Doctory Police/ Getting out of the house flat Other: Doctass any concerns Discuss Lunch / Dunner Café Relaving Discuss Lunch / Dunner Café Relaving Discuss any concerns Discuss Café Lunch / Dunner Café Relaving Discuss any concerns Spark / Spark	000000000000000000000000000000000000000	ristol ath windon iloucester Chornbury Other: Bristol Bath Swindon Viloucester	12345678910 2345678910 IStress 12345678910 CAmuety 12345678910 IStress 12345678910 IStress 12345678910 IStress 12345678910	Anger 1234567891 DStress 123456789 Anxiety 123456789 123456789 123456789 123456789 123456789 123456780 12345678 12345678	10 0 cher: 10 0 cher: 9 10 Home 9 10 Church
Stress manage Communicati Forgiveness Patience Teamwork - Presentatio Time mana	working with in igement	Charch	Bible Jeansets Decterny Police □ Appointments Decterny Police □ Others □ Other		nistol ath Noucester Chornbury Other: Bristol Bath JSwindon JGkoucester JThornbury Other:	12345678910 2345678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678910 1234567891 1234567891 1234567891 1234567891 1234567891	Anger 12.34567891 DStress 12.3456789 DAxiety 12.3456780 Anger 12.3456780 UStress 12.3456780	10 Other: 10 Other: 9 10 Home 9 10 Church 9 10 Other: 8 9 10 Other: 9 10 Home
Stress manage Communicate Forgiveness Patience Teamwork- Presentatio Time mana Leadershii cateprom	working with in gement p skills otion skills	Other: Other: Other: Other: Other: Other: Other: Other:	Bib Learners Dectery Police Optimizers Of the bouer file Decising out of the bouer file Dimension and concerns With Network Dimension and concerns Bib Lettery Paperwark Optimizer Other Other Dimension and the bouer file Decess any concerns Other Other Decess any concerns Decess any concerns Decess any concerns Deschart Lunch / Desce Descess any concerns Cafe Relaxing Bib Lettery Paperwark Descess and concerns Cafe Relaxing Cafe Relaxing Descess and concerns Descess and concerns Cafe Relaxing Distend concerns Desco		nistol ath windon loucester Dother: Bristol Barh Gloucester Thombury Other: Bristol Thombury Other: Bristol	12345678910 D Anger 12345678910 DStress 12345678910 D Anger 12345678910 D Anger 12345678910 D Anger 1234567891 D Anger 123456789 D Anger 123456789	Addle	10 Chart 10 Other: 910 Home 910 Church 8910 Other: 8910 Home 8910 Home 98910 Home 98910 Church
Stress manage Communicate Forgiveness Patience Teamwork - Presentatio Time mana Leadershi Self-prom	working with n gement p skills otion skills	Other: Honse Charch Other: Honse Charch Other: Other:	Bith Learning Toeconty Police General Decomp Police General Decomp Police Decess any concerns Breakfast Lunch / Durant Café Relaving Bith Letters / Papervork Sports Oyn General Lunch / Durant Café Relaving Bith Letters / Papervork Sports Oyn General Lunch / Durant Café Relaving Bith Letters / Papervork Sports Oyn General Lunch / Durant Café Relaving Bith Letters / Papervork Sports Oyn General Café Relaving Dober: Dober: Dober: Direcus any concerns Walks/Activitie Dober:		nistol sth windon iloucester hornbury Other: Bash Swindon Other Dhornbury Other Other Daristol Bash Swindon Other Other Concester Other Concester Other Concester Other Concest	123458 (1971) Amper 12345678910 I2345678910 I2345678910 I2345678910 I2345678910 ISsress 12345678910 ISsress 12345678910 IAauger 12345678910 IAager 123456789 I2345678 I23456789 I2345678 I235678	C Adjec C Adjec 1234567891 CStress 123456789 CAmer 12345678 CAmer 1234567 CAmer 123457 CAmer 123457 CAmer 123457 CAmer	10 Line 10 Other: 910 Home 910 Church 5910 Other: 8910 Home 78910 Church 78910 Other:
Stress manage Communicate Forgiveness Patience Teamwork - Presentatio Time mana Leadershii Self-prom Networkii	working with n gement p skills otion skills ng Skills tude/Positive	Other: Home Charch Home Charch Other: Home Other:	□ Bith J.Constrain Decision Police □ Appointments Decision Police □ Others: □ Others: □ Dial and the bouse flat □ Dial and the bouse flat □ Bita Lineth / Dianet □ Caffe Polasion □ Appointment: Doctorer, Police' □ Others: □ Others: □ Appointment: Doctorer, Police' □ Others: □ Others: □ Dial and the bouse flat □ Others: □ Appointments' Doctors: Police' □ Appointments' Doctors: Police' □ Appointments' Doctors: Police' □ Appointments' Doctors: Police' □ Others: □ Others: □ Others: □ Others: □ Direass any concerns:		nistol ath windon iloucester Dornbury Other: Bristol Bash Gloucester Thornbur Other: Bristol Bash Swindon Other: Bash Swindor Gloucest Chornbur Other: Other:	1234587571 Anger 13345678910 IStreas 12345678910 IAmoiety 12345678910 IAmoiety 12345678910 IStreas 12345678910 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety 123456789 IAmoiety IAmoiety IAmoiety IAmoiety IAmoiety III IAmoiety III III III III III III III I	□ Adapte □ 23 43 65 789 1. □ Strems □ 23 43 65 789 1. □ 23 43 65 78 1. □ 23 45 78 1. □ 24 56 7	10 0 10 0 other: 910 Home 910 Church 5910 Other: 8910 Home 78910 Other: 578910 Home 578910 Home
Stress manage Communicate Forgiveness Patience Teamwork - Presentatio Time mana Leadershii Self-prom Networkii	working with n gement p skills otion skills ng Skills tude/Positive	Other: Other:	Bith J.Constrain Decremy Police Optimizing out of the house filte: Others: Others: Distance: Breakdart Lunch, Dumert Caffe Polasme Apointment: Doctorer, Police' Optimizing out of the house filte: Obder: Optimizing out of the house filte: Obder: Optimizing out of the house filte: Obder: Optimizing out of the house filte:		nistol ath windom Hourester Dornbury Other: Beristol Bath Swindon Other: Bath Swindor Other: Chornbury Other: Bath Swindor Other: Chornbury Other: Bath Swindor Other: Data Dother: Bath Dother: Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Dother: Bath Bath Bath Bath Bath Bath Bath Bath	1234587571 Anger 13345675910 Distreas 12345675910 Distreas 12345675910 Distreas 12345675910 Distreas 12345675910 Distreas 123456759 Distreas 12345678 Distreas 123456789 Distreas 123456789 Distreas 123456789 Distreas 12345678 Distr	□ Adapte □ 23 43 56 789 1. □ Shtress 1 23 43 56 789 1. □ 23 43 56 789 1. □ 23 43 56 789 1. □ 1 23 43 56 789 1. □ 1 23 43 56 789 1. □ 1 23 43 56 789 1. □ 1 23 43 56 789 1. □ 1 23 43 56 789 1. □ 1 23 43 56 789 1. □ 1 23 43 56 789 1. □ 1 23 43 56 789 1. □ 1 23 43 56 78 1. □ 1 23 43 56 78 1. □ 1 23 43 56 78 1. □ 1 23 43 56 78 1. □ 1 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1. □ 23 43 56 78 1 □ 23 43 56 78 1 □ 23 43 56 78 1 □ 23 43 56 78 1 □ 23 43 56 78 1 □ 23 43 56 78 1	10 Other: 10 Other: 9 10 Home 9 10 Church 5 9 10 Other: 8 9 10 Church 7 8 9 10 Church 9 10 Ghore 7 8 9 10 Other: 6 7 8 9 10 Church 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Stress manage Communicati Forgiveness Patience Teamwork Presentatio Time mana Leadershil Self-prom Networkil Good att Desire t	working with in igement p skills otion skills ng Skills Itude/Positive o learn and be	Other: Other:	□ Bith Letters' Paire □ Apoiennessi Decenty Paire □ Other: □ Diversi any concerna □ Bits Latters' Paireveck Sports Gyn. □ Apoiennessi Decenty Paire □ Bits Latters' Paireveck Sports Gyn. □ Apoiennessi Decenty Paire □ Apoiennessi Decenty Paire □ Bits Latters' Paireveck Sports Gyn. □ Gring out of the boure flat □ Other: □ Bits Latters' Paireveck Sports Gyn. □ Apoiennessi Decentry Paire □ Apoiennessi Decentry Paire □ Apoiennessi Decentry Paire □ Apoiennessi Decentry Paire □ Bits Latters' Papervock Sports Gyn. □ Breaks and Lunch / Dunner □ Catife Relaxing □ Breaks and Lunch / Dunner □ Catife Relaxing □ Breaks and Lunch / Dunner □ Catife Relaxing □ Breaks and Lunch / Dunner □ Catife Relaxing □ Breaks and Lunch / Dunner □ Catife Relaxing □ Breaks and Lunch / Dunner □ Catife Relaxing □ Gerting out of the houre / Hat □ Other: □ Gatife Relaxie		nistol ash windom Hourester Dornbury Other: Baristol Baristol Baristol Baristol Baristol Baristol Cherristol Cherristol Bristol Baristol B	123456719710 Anger 12345678910 OSteras 12345678910 1243678910 1243578910 1243578910 12345678910 12345678910 12345678910 12345678910 12345678 12	□ Adage □ Adage □ 23 45 67 89 1 □ Distress □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8	10 Other: 10 Other: 9 10 Home 9 10 Church 5 9 10 Other: 8 9 10 Church 7 8 9 10 Church 9 10 Ghore 7 8 9 10 Other: 6 7 8 9 10 Church 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Stress manage Communication Forgiveness Patience Teamwork - Presentation Time mana Leadershi Self-prom Networkii Good att Fiexibili Enclow	working with in gement p skills otion skills ng Skills nude/Positive o learn and be ty Rules	Other: Other:	□ Bith J. Constant Decision Palice □ Appointments Decision Palice □ Others: □ Others: □ Dialization Constant □ Dialization Constant □ Bitaliant Lunch / Dumer □ Appointment: Doctorer, Palice' □ Others: □ Others: □ Appointment: Doctorer, Palice' □ Others: □		nistol ath windon iloucester hornbury <u>Other</u> Bristol Bath Swindon Other District Bath Swindor Glouceste Chornbur Other Bath Swindor Gloucest Chornbur Other Bath Swindor Bath Swindor Other Swindor Bath Swindor Swindor State Stat	123456719710 Anger 13345678910 OSteras 12345678910 1243678910 12435678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678 1234567	□ Adage □ Adage □ 23 45 67 89 1 □ Distress □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8	10 0 10 0 other: 910 Home 910 Church 5910 Other: 8910 Home 78910 Other: 678910 Home 678910 Church 678910 Church
Stress manage Communication Forgiveness Patience Teamwork - Presentation Time mana Leadershi Self-prom Networkii Good att Flexibili Follow Self-su	working with in igement p skills otion skills ng Skills itude/Positive o learn and be ty Rules pervising	Other: Other:	Bible Johnson Decentry Police Order: Order: Order: Walks Activities Breakfast Lusch / Dimer Caffie Relaxing Apointment: Doctory Police Order: Order: </td <td></td> <td>nistol ath windon Noucester Inornbury Other: Bristol Bash Gloucester Diswindon Gloucester Bristol Bash Gloucester Gloucester Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash</td> <td>123456719710 Anger 13345678910 OSteras 12345678910 1243678910 12435678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678 1234567</td> <td>□ Adage □ Adage □ 23 45 67 89 1 □ Distress □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8</td> <td>10 Other: 10 Other: 9 10 Home 9 10 Church 5 9 10 Other: 8 9 10 Church 7 8 9 10 Church 9 10 Ghore 7 8 9 10 Other 6 7 8 9 10 Church 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0</td>		nistol ath windon Noucester Inornbury Other: Bristol Bash Gloucester Diswindon Gloucester Bristol Bash Gloucester Gloucester Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash	123456719710 Anger 13345678910 OSteras 12345678910 1243678910 12435678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678 1234567	□ Adage □ Adage □ 23 45 67 89 1 □ Distress □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8	10 Other: 10 Other: 9 10 Home 9 10 Church 5 9 10 Other: 8 9 10 Church 7 8 9 10 Church 9 10 Ghore 7 8 9 10 Other 6 7 8 9 10 Church 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Stress manage Communication Forgiveness Patience Teamwork - Presentation Time mana Leadershi Self-prom Networkii Good att Flexibili Follow Self-su	working with in gement p skills otion skills ng Skills nude/Positive o learn and be ty	Other: Other:	□ Bith J. Constant Decision Palice □ Appointments Decision Palice □ Others: □ Others: □ Dialization Constant □ Dialization Constant □ Bitaliant Lunch / Dumer □ Appointment: Doctorer, Palice' □ Others: □ Others: □ Appointment: Doctorer, Palice' □ Others: □		nistol ath windon Noucester Inornbury Other: Bristol Bash Gloucester Diswindon Gloucester Bristol Bash Gloucester Gloucester Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash Gloucester Bash	123456719710 Anger 13345678910 OSteras 12345678910 1243678910 12435678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678910 12345678 1234567	□ Adage □ Adage □ 23 45 67 89 1 □ Distress □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 123 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 45 67 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 89 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8 1 □ 12 34 56 7 8	10 Other: 10 Other: 9 10 Home 9 10 Church 5 9 10 Other: 8 9 10 Church 7 8 9 10 Church 9 10 Ghore 7 8 9 10 Other 6 7 8 9 10 Church 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0

Daily diary sheets Option 1 – The blank diary. A simple diary sheet for smaller projects. All information is hand written in. Option 2 – This diary sheet works on a tick box system allowing the industry professionals to assess each session more effectively and precisely.

Our initial assessment is designed to analyse the individuals needs in order to provide the best and most effective support and to highlight key areas in which support is needed.



Packages and Costings

12 MONTH PLAN	£67342 1 UPFRONT PAYMENT	£76312 3 UPFRONT PAYMENTS	£84308 6 UPFRONT PAYMENT	
Education for up to four subjects*	~	~	~	
One to One Mentoring	~	~	~	
Group Coaching/Tuition	~	~	~	
Sports Coaching	~	~	~	
Personal Training	~	~	~	
Mental Health and Wellbeing	~	~	~	

*Additional subjects can be added on to the package at an extra cost.

**All packages are bespoke; smaller packages can be created on request and are subject to availability.



Group Mentoring Only

NUMBER/TIME	3 HOURS	4 HOURS	5 HOURS	6 HOURS	
2 Children	£295	£365	£450	£525	
3 Children	£335	£405	£490	£565	
4 Children	£375	£445	£530	£605	
5 Children	£415	£485	£570	£645	
6 Children	£455	£525	£610	£685	
		4			

*Payment terms: Payment due at the start of the term, with an assessment at the end of each term. Can only be booked term by term.

info@redmenltd.co.uk



 \succ

http://www.redmenItd.co.uk/



instagram.com/redefinementoringltd/



facebook.com/redefinementoringltd