

# REDEFINE MENTORING



Redefine Mentoring Limited  
Company No.08778931

**“MY SON  
HAD SO MUCH  
FUN.”**

*My son Karl had so much fun with these guys. They got him motivated, especially when he's not really a sports fan. But they managed to turn it round and wow. I think Karl loves it now. Redefine 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 it really helped my son & these guys have got the patience of a saint.”*

Sue O'Brien.

**“HIGHLY  
RECOMMEND  
REDEFINE MENTORING TO  
ANYONE.”**

*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.

**“THE BEST  
THING THAT  
HAPPENED  
TO HIM.”**

*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. Amazing.”*

Paris Williams.

## VALUES

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We are realistic yet ambitious.

We are honest & respectful.

We are reliable & loyal.

We make a difference.

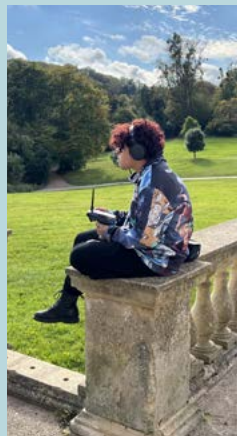
We deliver elite quality coaching.

## MISSION

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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 highly 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.

## SPORTS COACHING



*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.*

# 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.







## 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 skills and learn how industry works on both the local 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.



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 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.



# WORKSHOPS - DIPLOMAS - QUALIFICATIONS BESPOKE EDUCATIONAL PACKAGES FOR ALL

\*\*including ASD, SEN, LDs and LAC\*\*



## ELITE EDUCATION

Redefine Mentoring Limited.



## WORKSHOPS, DIPLOMAS & QUALIFICATIONS

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

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|--|--|
| <ul style="list-style-type: none"><li>• Art award (workshops)</li><li>• ICT Functional Skills</li><li>• Hair and Beauty (workshops)</li><li>• Employability (workshops)</li><li>• English Functional Skills</li><li>• Vocational study workshops – college course and application preparation, college visits and liaison.</li><li>• Forestry school &amp; outdoor gardening (therapeutic workshops)</li><li>• Geography</li><li>• English</li><li>• History</li><li>• Maths</li><li>• Science</li><li>• Philosophy</li><li>• Sport</li><li>• PE</li><li>• Business Studies</li><li>• Chemistry and Applied Science and Forensic Science</li><li>• Combined Drama &amp; Music (workshops)</li><li>• Mechanical Engineering</li><li>• Product Design</li><li>• BTEC Engineering</li></ul> | <ul style="list-style-type: none"><li>For all ages KS3/KS4</li><li>Entry level &amp; Level 1</li><li>Entry through to level 3 (A Level)</li><li>Entry level to level 2</li><li>Entry level to level 3</li><li>Up to KS3 level</li><li>Up to A level</li><li>Up to GCSE level</li><li>Up to GCSE level</li><li>Up to GCSE level</li><li>Up to A level</li><li>BTEC to Diploma</li><li>Up to A Level</li><li>GCSE &amp; BTEC</li><li>BTEC to A Level</li><li>Level 1, 2 &amp; 3</li><li>Level 1, 2 &amp; 3</li></ul> |
|--|--|



## 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,**

so you can take yourself to a new life, a different life, possibly even a better life.

Redefine have the expertise and experience to deliver International GCSE qualifications.





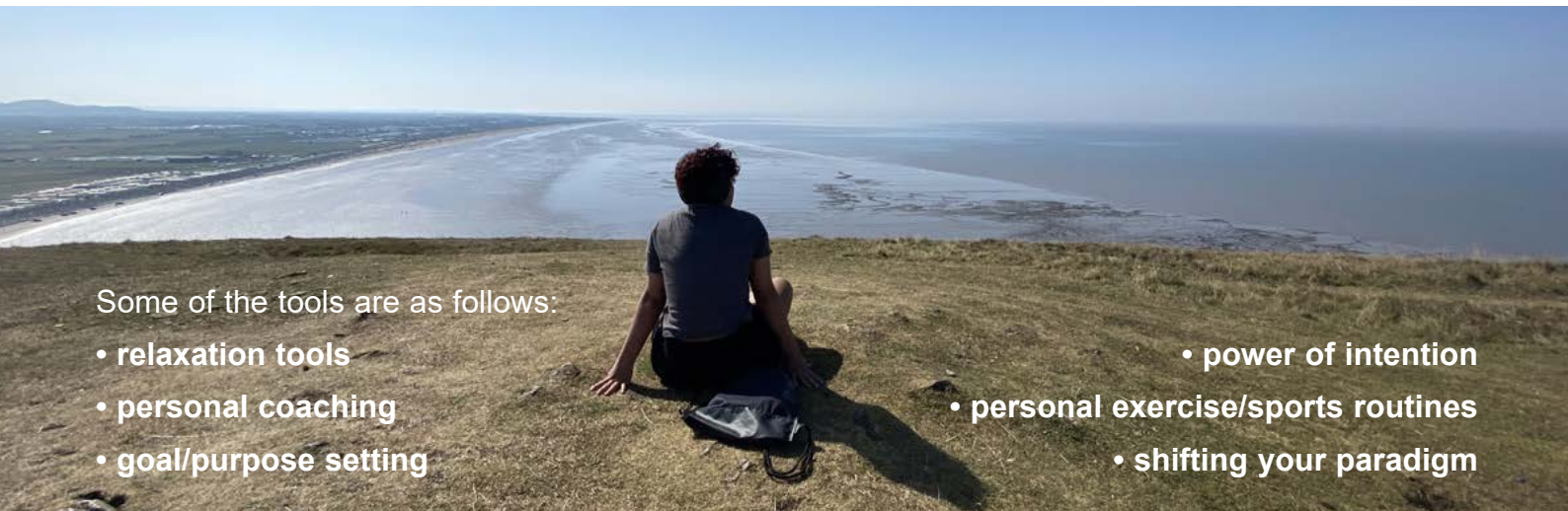


# OUR METHODS AT REDEFINE

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.



Some of the tools are as follows:

- relaxation tools
- 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**. I 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**

**ANXIETY**

**VICTIM**

*GUIDANCE*  
**LIFE SKILLS**  
*CONFIDENCE* *EMPOWERMENT*  
**HEALTH** *OPTIMISM*  
*ENCOURAGEMENT*  
**SUPPORT**

**OCD**

**FEAR**

**DEPRESSION**

**ADDICTION**

*WELLNESS* *NUTRITION*  
*ATTITUDE*  
**COACHING**  
*PHYSICAL FITNESS*  
*ENRICHMENT*

**AUTISM**

**MISTREATMENT**

**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](mailto:info@squirrelsbootcamp.co.uk)

**Instagram & FB:** [@squirrelsbootcamp](https://www.instagram.com/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.

The image shows two forms. The top form is an 'Initial Assessment' form with sections for 'Initial', 'Follow up Assessment', and 'Final Assessment'. It includes fields for Date, Reference Number, Organisation, Initials of Child/Young Person/ Adult, Gender, Address, NK / Contact Number, Disabilities / Health Needs, Point Of Contact, Address, Date of Birth, and Age.

The bottom form is a 'Redefine Ltd diary sheet' with columns for 'Month/Year', 'Location(s)', 'Anger, Stress & Anxiety' (Beginning and End of session), and 'Drop off point'. It features a 'SKILL SET' column with various skills like Self Confidence, Listening skills, Accepting feedback, etc., and a 'General comments on session' column. Each row has checkboxes for 'Home', 'Church', and 'Other' under 'Collection point' and 'Drop off point', and a grid for rating 'Anger, Stress & Anxiety' from 1 to 10.

*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

\*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.





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