

CASE STUDY

FROM SELF-DOUBT TO EXAM SUCCESS

Sophie* came to me for support in the lead up to taking her A-Levels.

She wasn't enjoying the process and the stress and anxiety she was already feeling had put her off from potentially applying to University.

She was unhappy, not herself and her parents were also worried about the changes they had seen in her.

THE CHALLENGES

- Poor Sleep
- Worry & Anxiety
- Low Self-Esteem
- Procrastination
- Self-Doubt
- Disorganised

1 TO 1 COACHING

- Talking through the fears and concerns
- What had she been trying to do - what worked/didn't work
- Establishing what small changes she could make
- Identifying the benefits of implementing changes
- Understanding the outcome of not changing
- Reflecting on her strengths and abilities
- The timeframe in which the changes needed to take place
- What support & resources were available to her
- Overcoming setbacks and obstacles

RESULTS

- Identified achievable small goals to work towards
- Established what was stopping her from moving forward
- Planned and maintained a realistic revision timetable
- Focused on the things she could control and improve
- Reduced anxiety, improved sleep
- Developed positive, can do attitude
- Exam Success

CONCLUSION

Sophie worked hard to make small, achievable but necessary changes to her mindset and actions. These led to her passing her A-Levels with excellent results.

In addition, she was offered a place at the University of Brighton, which she confidently accepted.



TESTIMONIALS

"Thank you so much for all your support during the time leading up to my A Levels. It helped me massively during this challenging time. I just wanted to let you know that I got my results today, 2Bs and a C! which I am thrilled with, and I'm now off to the University of Brighton, which I didn't think would be possible earlier this year".

Sophie

"When we met you back in February, my daughter was not in a good place mentally, her self-esteem was at an all-time low and she totally lacked confidence in her ability to complete her A level studies successfully.

Even after just the first session with you, we saw a significant difference in her and her outlook on life with the coping mechanisms and strategies that you gave her. Over the next couple of sessions we saw further improvements and had a 'happy girl' back again.

It may sound overly dramatic, but we truly believe that you have changed her life! She has gone from a girl that couldn't wait to leave school without any career ambitions to a young lady that has passed her A levels and is looking forward to starting University next month!

Looking back we really can't believe this as it has been such a remarkable turnaround and we cannot thank you enough, we will be forever grateful for your positive influence!"

Debbie – Sophies mum

If you have teenagers approaching their GCSE or A-Level exams, then professional coaching is an affective, practical and cost effective support intervention you should consider.

Contact me today for a FREE 20-minute Exam Coaching Consultation.



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*Client permission granted to use name

