

## **Parents Press Pause: one-to-one coaching programme for parents of quiet teens**

**10 sessions over 3 months** | [Book your FREE insight call](#) (details and investment below)

I am a one-to-one coach for parents and their quiet teens who want to work together to achieve successful educational outcomes.

As a Level 5 ILM Coach, secondary school teacher, 1:1 tutor and exam marker with over 20 years' experience, I understand the huge pressures on teens both academically and personally. I am also a mum of two brilliant neurodivergent teens who I home-educated for a significant chunk of their education.

What I have learned is this: you as a parent play a very important role in supporting your teen to achieve success in education ... and in life! You know them better than anybody else in the world – their strengths, their quirks, their passions. And your teen desperately wants and needs your support (even if they are telling you the opposite!)

### **Introduction to the programme**

This coaching programme came from a period of deep reflection.

I have spent years coaching teens – helping them uncover their strengths, set meaningful goals and create study plans that actually worked for them. They left our sessions feeling empowered, motivated, and in control of their own learning.

Despite the best intentions though, I noticed a common pattern: parents, eager to help, would accidentally nudge their teen back into school-mode thinking - “work harder,” “aim higher,” “do more.” The problem? It clashed with the quiet, thoughtful strategies their teen had just developed. Suddenly, the teen was back to feeling torn and overwhelmed. And just like that, the momentum stalled.

Let's pause for a moment. There's a reason why this isn't working.

**The school system is not set up for quiet, sensitive teens like yours.**

**School is noisy and chaotic *BUT* your teen** needs calm and space to think.

**School has strict rules *BUT* your teen** is scared of breaking the rules.

**School rewards speaking up *BUT* your teen** is quiet and shy and is getting overlooked.

**School prioritises test results** *BUT* your teen doesn't perform at their best under pressure.

**It's no wonder that by the time your teen gets home, they are emotionally and mentally drained with nothing left to give. But the school day doesn't end there, does it?**

**Homework piles up** *BUT* **your teen has no idea where to start.** Every subject comes with PowerPoints, past papers, worksheets, knowledge organisers, and revision acronyms. It's overwhelming.

**Revision is endless** *BUT* **your teen doesn't know how to revise.** Then interventions begin - before school, lunchtime, after school, even during the holidays. Schools are doing their part to *teach* the content. But learning? That's on your teen. And if they've never been shown *how* to revise in a way that suits their quiet strengths, they'll just be going through the motions.

**You try to help** *BUT* **it ends in battles, frustration, and tears.** They shut down, push back, or insist they'll "do it later." You know they're capable of so much more, but no amount of nagging or pleading seems to help.

Parents have often spent a fortune on private tutors, extra classes, and endless revision resources, hoping it would be the magic fix. But despite all that effort (and all that money), nothing really changed. Their teen was still anxious, overwhelmed, and stressed.

And that's when it hit me: the biggest impact happens when parents of quiet teens stop trying to make their teen adapt to the system and start working with their teen to find strategies that will work for them not only to pass exams, but long into the future.

The real difference between teens who succeed and those who struggle isn't how much extra teaching they've had - it's having the right **environment**, the right **support** network, and the **freedom to learn** in a way that works with their unique quiet strengths and natural curiosity.

And here's the good news: **No one is better placed to provide this for them than you because you know your teen better than anyone.**

That's why I now focus on coaching parents alongside their teens, giving them the tools, confidence, and strategies to support their teen in a way that actually works (without constant battles, stress, or overwhelm). Because when parents and teens are on the same team, learning becomes a whole lot easier for everyone. Less stress. Less conflict. More confidence. More progress.

And most importantly? A teen who actually *wants* to learn.

## **What we'll do together**

This is not a quick fix. It's a three-month partnership to transform the way your family approaches education. You'll leave with a personalised roadmap for success - one that's shaped *with* your teen, not imposed on them.

### **Here's what that looks like:**

- **Clarify what matters**

We'll begin by helping your teen identify their strengths, values, and aspirations and we'll do the same with you. Parents often discover that their own school experiences, expectations, or fears are quietly influencing how they show up. By making these visible, we create space for a more supportive and aligned path forward.

- **Dismantle learning blocks**

Using practical tools and coaching techniques, we'll work together to uncover and shift beliefs that are keeping your teen stuck ("I'm not smart," "I always fail at maths"). Parents also explore their own default responses - like over-helping or stepping back too soon - and learn how to respond more effectively.

- **Design a calm, personalised plan**

We co-create a revision routine and daily habits that actually fit your teen's energy, attention span, and goals. No more generic timetables or "study harder" advice. This plan is doable, strategic, and feels like it belongs to them. I will give advice on revision resources and techniques to reduce overwhelm.

- **Build confidence and resilience**

Throughout the programme, your teen learns how to bounce back from setbacks, self-motivate, and stay connected to their vision, even when things get tough. You'll learn how to support them without slipping into conflict, helicopter parenting, or burnout.

- **Practice together with support**

You'll have 10 coaching sessions (some with just you, some with just your teen, and some together) plus unlimited weekday email support. This isn't just information; it's guided implementation with regular feedback and a coach in your corner.

## **What you get**

- **Comprehensive onboarding form (parents and teens).** This detailed form helps us understand your teen's current situation and challenges, ensuring that everything we create together perfectly aligns with their needs.
- **10 x one-to-one coaching sessions for you and your teen.** The first session is with the parent(s) only. The second session is with the teen only. The remaining sessions are for both parents and teens together.
- **Individual DISC profile reports for parent(s) and teen**  
Parents and teens complete a short online assessment and receive a personalised report highlighting their communication preferences, personality traits, and natural strengths. We use this to help your family understand each other better and reduce misunderstandings, tension, and conflict.
- **Unlimited email support.** You can email me at any time with questions and I will get back to you within 24 hours (Monday – Friday only).
- **A comprehensive list of go-to revision resources** to streamline and simplify the study plan.

## **Your investment**

### **£1500 for the 3-month coaching programme.**

Yes, it's an investment. But unlike tuition that often focuses only on content, this programme goes deeper into motivation, mindset, and the habits that shape long-term success. You're not just buying 10 sessions. You're building a calmer home, a clearer path, and a teen who believes in their ability to learn and lead their own future.

### **Let's compare it to tuition:**

Hourly tuition for English or Maths: £45/week per subject

Over 14 weeks: £630 for one subject | £1260 for two

That's £1260 for 14 hours of content delivery—often without addressing the *real* issues: motivation, mindset, learning style, and communication.

Often parents find that once their teen learns how to learn, they no longer need to invest in tuition. This was certainly the case for my own daughter. A big move across the country at the end of Year 12 left her having to self-teach the remainder of two of her A-levels. By learning to learn at GCSE level, she was able to handle this resiliently and independently.

## **How to apply**

Parents Press Pause (PPP) is currently open.

If you'd like to talk to me about working with me for the next 3 months, please [book a discovery call](#).

This is a high-end programme for parents who are truly ready to invest in their teen's future. **I passionately believe that all teens can achieve success when they are working WITH their own natural talents and skills.**

### **I'm the right coach for you if ...**

- You're willing and able to invest £1500 for the 3-month programme (paid in full or in 3 instalments of £500)
- You and your teen are available for 10 x 1-hour coaching sessions over 3 months
- Your teen is in year 7 – 13 at school (or being home-schooled through these years)
- You've asked your teen if they want to participate (you'd be AMAZED how many parents don't!)
- You're ready to **trust your teen's unique way of learning and being**, even if it looks different from what school expects
- You're willing to **reconsider your ideas** about what "success" should look like
- You want to **work alongside your teen**, building understanding and collaboration rather than conflict
- You're prepared to **get involved, stay curious, and try new approaches**, even when it feels uncomfortable
- You value **connection over control** and want to empower your teen to thrive in their own quiet way.

### **I may not be the right coach for you if...**

- **You don't have the time** or energy to be fully involved
- You are looking for a **quick fix**, rather than a long-term solution
- **You want your teen to change** to meet the expectations of others

- You're unwilling to **question mainstream expectations** about education, success, and what your teen "should" be doing
- Your teen isn't willing to engage.

If you're reading this and thinking, "*Could this really help my teen?*", [book the insight call](#). There's no pressure, no hard sell. Just a calm, open conversation about whether this could be the right path for your family. Because quiet teens don't need to change who they are to succeed. They just need someone who truly sees them and a parent who's ready to walk beside them.

**You know your teen. I know the system. Together, we can create a success path that works for them so that they can leave school confident, ambitious and excited for the future.**

**Here's what previous clients have said:**

"My daughter now approaches the future with confidence, is much happier in herself and has tools to use which will be invaluable in the years ahead."

"Charlotte's coaching has been gentle and kind but powerful and effective, helping my daughter reframe the future from a daunting prospect to an exciting adventure."

"It was amazing how quickly Charlotte was able to understand what's important to our son which meant the advice she gave was relevant and easy to apply. We were delighted with the results from working with Charlotte."

"I cannot recommend this lovely lady enough... my daughter was in set 4 out of 5 for English. Within a year, she has moved up to 2 sets. She is currently achieving grades and remarks from teachers we never thought possible."

"My daughter has gone from a Yr 9 child who dislikes reading, resulting in declining grades, to a child whose grades have trebled. Charlotte has given her the tools and confidence to express and deepen her skills."

"Charlotte has been a godsend! She has been encouraging and patient with my daughter whilst building up her confidence. Her grades have improved dramatically. My only complaint is that I wish I had found her earlier!"

