

The Other Subject (OS)

OS is an eight-week personal development, self-care and life-skills training course for pupils. It is delivered as part of the PSHE/ Enrichment programme by school staff qualified by the SPWA (referred to as **OS Coaches**).

The aim of OS is to help pupils develop and mature in the following key areas so that they have a better quality of life and are healthier, happier and fulfilling more of their potential:

Module 1

Mindfulness

Module 2

Relationship with Self

Module 3

Relationships with Others

Module 4

Communication

Module 5

Resilience

Module 6

Future Planning

Module 7

Accomplishment



OS is unique in that it is holistic and does not prescribe one modality or methodology. Rather it uses tried and tested coaching techniques (traditionally used in the corporate and sporting worlds) and blends them with neuroscience, positive psychology, mindfulness, counselling techniques, compassion tools and cognitive behavioural science. This integrative approach cuts through

the 'psycho-fatigue' currently experienced by school leadership and management teams. This gives them reassurance that they are adopting a blend of all the most widely-accepted approaches to boost performance and wellbeing in schools – rather than just one modality that may go in and out of favour, depending on trends and evidence-based research.