



## Student & Team Wellbeing Policy

### Student Policy:

At TechPixies, we take student wellbeing seriously. We don't just teach tech skills, but we also incorporate life coaching into our curriculum.

Life coaching is meant to be a forward looking tool to help our students tackle well known stumbling blocks to progress. In our social media magic programme for example, we cover 12 core life coaching topics, including but not limited to: Perfectionism, Overwhelm, Rejection, Compare and Despair, etc.

We know that at times, the coaching calls can adversely affect our students as they reflect upon their past. We feel strongly that when a life coaching call uncovers historical challenges that the student may have faced, that sometimes it is appropriate to recommend counselling. It is up to the individual to determine if they want to pursue counselling.

TechPixies does not and will not provide counselling as we intend to focus fully on life coaching and neurocoaching, nor are we certified to professionally provide counselling.

If you feel that you or someone in the programme that you know might need additional support beyond life coaching, please email us at [wellbeing@techpixies.com](mailto:wellbeing@techpixies.com) so that we are aware and can correctly sign post you.

**Below is a list of recommended counselling services and other professional services that might support our students should they need additional support:**

- Child Bereavement UK - <https://www.childbereavementuk.org/>
- Emma Woo Counseling - <https://ewoocounselling.co.uk/>
- MacMillan (Cancer) - <https://www.macmillan.org.uk/>
- Mind <https://www.mind.org.uk/>
- 24 Hour Hotline Samaritans **phone: 116 123** <https://www.samaritans.org/>
- 24 Hour Text Line **85258** <https://giveusashout.org/>
- Anonymous Crisis Support **Text IUCS to 85258** <https://www.ifucareshare.co.uk/>
- NHS How to Access Mental Health Services - <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/how-to-access-mental-health-services/>
- Financial Abuse - Spotting the signs and leaving early - <https://www.moneyhelper.org.uk/en/family-and-care/talk-money/financial-abuse-spotting-the-signs-and-leaving-safely>

### Team Policy:



## **Student & Team Wellbeing Policy**

In addition to the resources above, the TechPixies staff and contractors have access to the Peninsula Employment Assistance Programme. Information about this can be found in the Team Portal and you can also reach out to your team leader if you can't find what you need. As an employer, we feel strongly that if you are in need of a mental health day, that you feel comfortable asking for, and taking one.