



1 BACKGROUND

When referred to TWMAD, this young person was struggling with anxiety, emotional regulation and aggressive behaviour at home. Although generally calm in school, adults recognised he was masking how he really felt. Bullying, low confidence and feeling unsafe were having a significant impact on his wellbeing, daily routine and ability to speak openly about his worries.



OUR APPROACH

Mentoring used a relationship-based approach built on trust, consistency and shared interests. Sessions combined golf, football conversations, BMX activities and breakfast meet-ups with calm reflection and emotional support. This informal, non-judgemental style helped him open up, recognise his strengths and build healthier coping strategies.



FOCUS AREAS

- Emotional regulation and anxiety
- Confidence and self-esteem
- Coping with bullying
- Positive communication
- School engagement
- Strengths, hobbies and resilience

BUILDING CONFIDENCE, RESILIENCE AND EMOTIONAL WELLBEING THROUGH MENTORING

Relationship-based mentoring that helped a young person manage anxiety, build confidence and feel safer, stronger and more able to cope.



KEY PROGRESS

- ✓ Built a trusting relationship with a consistent adult
- ✓ Became more open about anxiety, bullying and worries
- ✓ Improved emotional regulation and self-awareness
- ✓ Grew in confidence through football and BMX achievements
- ✓ Developed healthier coping strategies
- ✓ Attended school more consistently and engaged more positively
- ✓ Showed resilience during difficult experiences
- ✓ Became more able to recognise his own strengths and future goals



WHAT CHANGED?

He did not stop facing challenges, but he became better able to manage them. Through mentoring, he became calmer, more reflective and more confident in talking about how he felt. He began focusing more on strengths, achievements and future goals, rather than feeling defined by anxiety or bullying.

“ Having someone who listened, understood and believed in me helped me feel stronger and more confident. ”

THE DIFFERENCE TWMAD MADE



TRUST

Built a safe, reliable relationship with a trusted adult.



REGULATION

Improved emotional awareness, calmer responses and healthier coping.



ENGAGEMENT

Better school participation and more positive daily routines.



CONFIDENCE

Greater self-belief through achievements, hobbies and encouragement.



RESILIENCE

Stronger ability to cope with setbacks and keep moving forward.

IMPACT IN SUMMARY

TWMAD mentoring helped this young person move from anxiety, low confidence and hidden distress towards greater trust, emotional resilience and self-belief. Through consistent support, positive activities and genuine care, he developed stronger coping strategies, improved confidence and a more hopeful outlook for the future.

Consistency. Trust. Hope.

Every child is different. Every need matters. Every pathway is possible.

