



HEARMYVOICE

HEARMYVOICE PROGRAMME:

DRIVING EMPOWERMENT ACROSS EDUCATIONAL COMMUNITIES

THE HEARMYVOICE (HMV (HEARMYVOICE) PROGRAMME IS A PIONEERING INITIATIVE DESIGNED TO CULTIVATE LEADERSHIP, RESILIENCE, AND WELL-BEING WITHIN EDUCATIONAL SETTINGS. PEER-REVIEWED BY THE UNIVERSITY OF HULL, IT ADDRESSES THE NEEDS OF PUPILS AND STAFF, OFFERING TAILORED INTERVENTIONS PROVEN TO MAKE A SIGNIFICANT IMPACT.

PROGRAMME OVERVIEW

THE HMV (HEARMYVOICE) PROGRAMME OPERATES THROUGH THREE CORE COMPONENTS:

PRIMARY PUPIL INTERVENTION:
FOCUSED ON BUILDING FOUNDATIONAL EMOTIONAL LITERACY, RESILIENCE, AND SELF-REGULATION AMONG YOUNGER LEARNERS.

SECONDARY PUPIL INTERVENTION:
AIMS TO FOSTER INDEPENDENCE, GOAL-SETTING, AND SELF-AWARENESS, EQUIPPING ADOLESCENTS FOR PERSONAL AND ACADEMIC CHALLENGES.

ADULT PROGRAMME:
EMPOWERS EDUCATORS AND SCHOOL STAFF WITH LEADERSHIP AND COACHING SKILLS TO DRIVE POSITIVE CHANGE WITHIN THEIR ENVIRONMENTS.

PROVEN BENEFITS AND OUTCOMES

THE PROGRAMME DELIVERS MEASURABLE BENEFITS FOR PUPILS, STAFF, AND THE WIDER SCHOOL COMMUNITY:

FOR PUPILS:
IMPROVED EMOTIONAL LITERACY, RESILIENCE, AND SELF-REGULATION; ENHANCED ACADEMIC ENGAGEMENT AND REDUCED STIGMA AROUND MENTAL HEALTH.

FOR STAFF:
INCREASED EMPOWERMENT AND PROFESSIONAL GROWTH THROUGH COACHING AND ACTION RESEARCH.

FOR SCHOOLS:
STRONGER COMMUNITY NETWORKS, BETTER MENTAL HEALTH OUTCOMES, AND A POSITIVE SCHOOL CULTURE.

CORE VALUES

THE HMV (HEARMYVOICE) PROGRAMME IS GROUNDED IN EIGHT KEY VALUES:



EMPATHY:

FOSTERING UNDERSTANDING
AND SUPPORT FOR OTHERS.



MINDFULNESS:

ENHANCING PRESENT-MOMENT
AWARENESS AND STRESS MANAGEMENT.



ENERGY:

SUPPORTING PHYSICAL AND MENTAL
VITALITY THROUGH HEALTHY HABITS.



POSITIVITY:

ENCOURAGING CONSTRUCTIVE
AND SOLUTION-FOCUSED THINKING.



PURPOSEFULNESS:

DRIVING GOAL-ORIENTED ACTIONS
AND LONG-TERM COMMITMENT.



RESILIENCE:

BUILDING THE CAPACITY
TO OVERCOME CHALLENGES.



SELF-REFLECTION:

ENCOURAGING CRITICAL AWARENESS
OF STRENGTHS AND AREAS FOR GROWTH.



SELF-REGULATION:

PROMOTING AUTONOMY AND CONTROL.

WHY CHOOSE HMV (HEARMYVOICE)?

WITH ITS COMPREHENSIVE FRAMEWORK, PEER-REVIEWED CREDIBILITY, AND COMMITMENT TO FOSTERING GROWTH, THE HEARMYVOICE PROGRAMME IS AN INVALUABLE RESOURCE FOR SCHOOLS LOOKING TO CREATE EMPOWERED, RESILIENT, AND THRIVING COMMUNITIES.