



From Head of Wellbeing: Paul Gooding

7 December 2018

Dear Parent,

**Teenage Wellbeing presentation for parents
Thursday 14 March 2019, 7.15pm Amey Theatre, Abingdon School**

'Inspiring Confidence in Every Individual'
a presentation to parents by James Shone from 'I Can & I Am'

We anticipate this being a very popular event, so to book a free place please follow the link here at the theatre box office:

http://abingdonschool.savoyssystems.co.uk/AbingdonSchool.dll/TSelectItems.waSelectItemsPrompt.TcsWebMenuItem_1428.TcsWebTab_139634.TcsPerformance_588284.TcsSection_84045

James Shone will share an inspirational presentation with a truly inspiring story and philosophy to help parents understand how best to respond to serious set backs, teenage anxiety and general lack of self esteem. His relevant, challenging and amusing talk takes a look at life in education today with advice on how to best navigate the challenges that might be faced. He seeks to encourage parents to recognise that education is about the whole individual. His original, passionate, personal and light-hearted approach ensures that his presentations receive high praise wherever he goes by both young people and adults.

Following a 16 year teaching career and having been offered a job as Headmaster in 2012, James was diagnosed with a brain tumour which left him with very little sight. However, James is a man who embodies a positive attitude to life and a determination to turn setbacks into springboards. As a teacher, this was at the heart of his pastoral message but his focus is now on the charity he has set up called "I Can & I Am" which raises valuable funds to enable James's messages to be spread to as many school children, staff and parents as possible across the UK and beyond. James now travels to hundreds of schools a year presenting to thousands of young people and adults. Put simply, the heart of the charity is to inspire confidence in every individual to enable them to know who they are and what they are able to do, rather than focusing on what they can't.

Further details about James and the charity can be found at www.icanandiam.com.

Recent Testimonials from Parents:

"Thank you so much for a wonderful and inspirational talk this evening. You have found your rightful place as one who inflates balloons and inspires. Your delivery is faultless and your kindness and empathy are in huge abundance. You could not see the level of connection and engagement that was

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displayed on all faces so just to let you know that your affect on all in the room was profound.” Parent, Sutton Valence School

“My daughter heard you speak yesterday at a seminar at school and she was completely overwhelmed. She’s not one for concentrating for any length of time but said that she was enthralled all day and that you were the highlight!” Parent

“I am a Cranleigh parent thoroughly and utterly inspired by your session today. People like you make the world a better place and give me hope for our children. Thank you.” Parent, Cranleigh

“I really enjoyed last night. It was a marvellous talk – James is so unassuming and has a great story to tell and message to put across – it puts life in perspective and I think it is great for parents to be gently reminded of one or two things even though it may seem like simple common sense. In my life I have been lucky enough to have met some exceptional people from all over the world and James would be one for the shortlist.” Parent

“I was one of the parents at your inspiring Queens talk in Cheltenham last week and just wanted to thank you for doing what you do – I think it’s phenomenal.” Parent, Cheltenham

“I felt oddly elated afterwards! I found the experience affirming and re-assuring and I was reminded of some valuable parenting which are easy to forget in this fast paced world.” Parent, Elstree School.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Paul Gooding', with a stylized flourish at the end.

Paul Gooding – Head of Wellbeing
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