



From: Paul Gooding: Head of Wellbeing and PSHCE/RSE

18 January 2024

Teenage Wellbeing Webinar for Parents and Carers

'Inspiring Confidence in Every Individual'

a presentation by James Shone from '[I Can & I Am](#)', Monday 5 February at 7pm UK time

It is great to welcome James back to Abingdon; he is a great friend of the school and we have worked with him for a number of years. He is a regular speaker at student wellbeing talks and has brought his special "*I can and I am*" pizza bus to visit students in the past. This always goes down well as you can imagine!

This time, James will be talking to parents and carers, so we are in for a treat as he is a very gifted speaker. To join the webinar on **Monday 5 February at 7pm UK time**, a *zoom link will be sent separately via isams to parents on Friday 19 January*. I will also be present along with the Deputy Head Pastoral, Mrs Keevil.

James Shone will share his inspiring story and philosophy to help parents and carers understand how best to respond to some of the many pressures faced by young people today. 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 and not just academic results. His original, passionate, personal and light-hearted approach ensures that his presentations receive high praise wherever he goes by both young people and adults.

James was a teacher for many years and this has always been at the heart of his pastoral message. 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 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.

There will be a chance to ask James your own questions during the webinar.

Further information about James and the charity of 'I Can & I Am' can be found at www.icanandiam.com.

If you haven't already done so please also follow us on Twitter [@Ab_Wellbeing](#) where we will be posting regular updates on mental health and wellbeing. The webinar is being recorded if you cannot attend at this time.

We look forward to seeing you there.

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With best wishes

Paul Gooding

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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 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 ‘tools’ which are easy to forget in this fast paced world.” Parent, Elstree School