



# PET-Xi TRAINING AP SOLUTIONS

COVENTRY & WARWICKSHIRE





# PET-Xi Training AP Solutions



Now in its 30th year, PET-Xi is a high-energy training specialist whose multi-award winning teams work tirelessly to make a difference to people's lives. Our vision is to help individuals break barriers and seize opportunities.

We have been honoured to have worked with over 450,000 people across the whole spectrum of academic ability, behaviour and confidence and every single one is as precious and important to us as the first. We've developed and fine-tuned our approach and what sets us apart is our – Xplosive Inspiration!

## Tier 1

2 days ongoing or 3 days per week for max 12 weeks:

Based in our office headquarters in its own self-contained onsite training suite, with access to our live training centre – giving learners access to all departments for supportive real-life work experience, in Westwood Heath Coventry. All staff within the centre are DBS checked and travel to and from Coventry city centre or preferred location is included.

## Careers and “Finding My Why”

Enterprise linked to academic subjects - Our Finding My Why bespoke programme focusing on personal development, confidence building, and preparation for future opportunities like apprenticeships or work. This course incorporates pathways into a pre-apprenticeship programme, apprenticeship or college pathway as required with work experience and workplace tasters.

Embedded with Careers information, advice and guidance - this fully individually bespoke programme includes Augmented Reality Work experience, confidence building, resilience sessions. Using PACE techniques, we focus on self-advocacy training & SEMH carried out by wellbeing neurodiversity specialists and academic subject specialists for Maths and English (as required by individual) using our tried and tested methods used around the country.

£125.00 per child per day. Minimum group of 6.



## Tier 2 – Insight or Flourish

### Insight

1 day per week for 6 weeks  
Careers and “Finding My Why”  
Resilience, self-advocacy & SEMH

Or:

### Flourish

2 days per week for 12 weeks or  
Careers and “Finding My Why”  
Resilience, self-advocacy & SEMH

Enterprise linked to academic subjects - Our Finding My Why bespoke programme focusing on personal development, confidence building, and preparation for future opportunities like apprenticeships or work.

This course incorporates pathways into a pre-apprenticeship programme, apprenticeship or college pathway as required with work experience and workplace tasters. Embedded with careers information, advice and guidance - this fully individually bespoke programme includes augmented reality work experience, confidence building and resilience sessions. Using PACE techniques, the focus is on self-advocacy training & SEMH carried out by wellbeing neurodiversity specialists and academic subject specialists for Maths and English (as required by individual) using our tried and tested methods used around the country.





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## **Tier 3 - Positive Futures**

### **Year 11 Bespoke – Vocational, Personal Development and CIAG.**

Starting with CIAG and “Finding My Why” this individually bespoke programme includes Augmented Reality work experience, confidence building, resilience sessions, self advocacy training & SEMH carried out by wellbeing neurodiversity specialist and academic subject specialists for Maths and English (as required by individual) one to one bespoke provision using our tried and tested methods used around the country.

All SEN requirements catered for by our specialist onsite team - having a proactive approach to building resilience, self-advocacy, self-growth & SEMH, self-awareness and self-esteem building utilising an array of personal development tools and resources.

Our Positive Futures bespoke programme (plus a celebration event) is designed for year 11 learners, focusing on personal development, confidence building, and preparation for future opportunities like apprenticeships or work. This course incorporates pathways into a pre-apprenticeship programme, apprenticeship or college pathway as required, including work experience and workplace tasters.

Firmly rooted in SEMH and wellbeing, it includes building a local support “careers” network, expert-led wellbeing sessions and links and pathways to additional funded support including mental health, anger management, sports programmes, music provision, gaming in partnership with Warwick University E-Sports, theatre, dance and other interest areas as required by the individual.

Each unit combines interactive workshops and hands-on activities with all SEN requirements catered for by our specialist onsite team. Key themes include:

- Self-Growth & SEMH: Growth mindset, mental health awareness, and coping strategies.
- Enterprise & Careers: Business skills, CV writing, mock interviews, and pathways to employment with our partners including Severn Trent.
- Confidence & Skills: Public speaking, creativity, teamwork, leadership, and problem-solving.
- Made For You: Using our extensive links within local sports clubs, performing arts providers, hospitality and more, we look past the programme to support what the future holds for our learners.
- Personal Development: Financial literacy, personal branding, and creating support networks.
- Maths/English Support: Our in-house curriculum team will deliver Maths and/or English, as required by the individual, using specialist skills gap analysis and SEMH based Maths and English activities we have used, successfully, for 30 years.

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Healthy breakfast, lunch, snacks and drinks included and mental health support on site. All staff in office DBS checked and safeguarding trained. All courses include localised PREVENT and Safeguarding. This programme has the individual learner at the centre and is built around them concluding with a showcase of achievements and a celebration of progress, leaving learners empowered and ready for their next steps.



# Course Plan:

## UNIT 1: Introduction & Building a Growth Mindset

- A PET-Xi Welcome: Introduction to the course, meeting the tutors and key figures in the office.
- Safeguarding – “What is Safeguarding” overview and process.
- Icebreaker activities and team-building exercises to create a positive and inclusive environment.
- Introduction to growth mindset—understanding challenges as opportunities for growth.
- Goal-setting workshop for personal and academic development.
- Reflection exercise: “What motivates me?” Journaling and group discussions.

Rationale: Bonding the group, exploring what makes them engaged, building rapport between group and tutor(s), creating a safe environment.

## UNIT 2: Enterprise and Teamwork

- Introduction to entrepreneurship—what makes a successful business?
- Dragons Den: Create a business idea as a group. Design a product or service, focusing on roles and collaboration and a “pitch”.

Rationale: Exploring entrepreneurship, working with others and building confidence through group work, discussion and delivery of an idea.

## UNIT 3: Building Confidence

- Public speaking workshop—overcoming fear and practicing delivery.
- Role-play activities for effective communication.
- “Me in 10 Years” vision board creation.
- Group feedback and sharing.

Rationale: Confidence building through public speaking (talk about what you love task), looking forward and discovering their aspirations, group work to continue to build confidence.

## UNIT 4: Mental Health and Well-being

- Introduction to SEMH: Understanding mental health and resilience.
- Stress management techniques—mindfulness and breathing exercises.
- Peer discussions: Sharing experiences and learning coping strategies.

Rationale: Helping learners understand others SEMH needs and developing an understanding of how to deal with stress inducing situations. Exploration of self help and self worth.





## UNIT 5: Personal Branding

- Exploring individual strengths and skills—self-assessment.
- How to create a positive online presence.
- Crafting a personal pitch: “Who am I, and what do I bring?”

Rationale: Continuing with supporting and developing self-worth. Looking at the individual skills of each learner. Growing self belief and confidence. Exploring what makes a positive online presence and twinning with e-safety.

## UNIT 6: Apprenticeship and Career Pathways

- Overview of apprenticeships and career options.
- CV and cover letter writing workshop.
- Practice interview techniques and mock interviews.

Rationale: Utilising guest speakers from our Skills department to present what options there are for the future and how to accomplish goals. Continuation of developing themselves and their confidence.

## UNIT 7: Financial Literacy

- Budgeting basics and understanding personal finance.
- Managing money through simulated scenarios.
- Personal budget development task.
- The Trading Game – a fun task from PET-Xi that looks at purchasing and selling as a business.

Rationale: Using the embedding of Maths skills within personal finance and budget workshops. Looking at how to manage your own finances and planning financially for the future.

## UNIT 8: Confidence through Creativity

- Exploring creative outlets: art, music, and storytelling.
- Group creative project—build and present something as a team.
- Confidence showcase: Share and celebrate creations.

Rationale: From the exploration of each individual’s needs, we look at creative ways to express themselves (with the possibility of guest speakers – athletes, musicians, artists, scientists). Developing artistic and creative skills and looking at the interests of others in the group.

## UNIT 9: Problem-Solving Skills

- Introduction to critical thinking and problem-solving.
- PET-Xi ESCAPE (an escape room themed activity).
- Real-world problem-solving scenarios in teams.

Rationale: Teamwork tasks to challenge the learners using PET-Xi’s ESCAPE course – using Maths knowledge and English skills to “escape” the room. Kinaesthetic learning and working with others.



## UNIT 10: Leadership and Responsibility

- What is a Positive Role Model?
- What makes a great leader? Exploring leadership styles.
- Decision-making and accountability in group scenarios.
- Learner led group activity or workshop.

Rationale: Identifying role models – known to the learner (friends, family, educators) and on a wider scale (celebrities, sports people, world leaders). Looking at and putting into practice leadership techniques.

## UNIT 11: Building a Support Network

- Identifying and utilising support systems in life and work.
- Role-play activities to practice seeking help and offering support.
- Collaborative project: “Create a support charter” for peers.

Rationale: Looking at what support networks there are for young people and creating a support charter embedding all they learnt over the duration of the course – Respect, resilience, confidence, support, communication, empathy and inclusion.

## UNIT 12: Showcase and Celebration Preparation

- Preparation: Learners create a final day presentation project.

Rationale: Creative and engaging session to create a presentation for the final day of the course.

### Showcase and Celebration Event

- The final day of the course to present to invited guests.
- Celebration and feedback session.
- Certificates and closing reflections.

Rationale: A final celebration of all the learners have learnt and found out about themselves and their futures. It is a celebration of them and their accomplishments and an opportunity to present this and further build their confidence. Invited guests from friends, family, teachers and PET-Xi staff and Governors will be in attendance to witness their growth.

**£180.00 per child per day. Minimum 6 children per course as group dynamic and community is the key to this life-changing provision.**





