



The Ladder Group
We rise by lifting others.
Robert G. Ingersoll (1833-1899)

www.theladdergroup.net

The Ladder Group Services 2022-23

Thank you for your enquiry about the Ladder Group and our services.

The Ladder Group works in partnership with schools, community organisations, charities and health professionals to provide high quality person-centred support for those individuals and groups that need a little extra help to be their best.

Our wellbeing, social and emotional training, professional mentoring and counselling services can be delivered at the point of need for:

- children and young people throughout their educational life
- parents and family members
- schools, public and private sector organisations and their employees

The Ladder Group team consists of a wide range of professionally qualified and experienced leaders and practitioners including educationalists, psychologists, counsellors, social workers and other therapeutic specialists with expertise in a full range of settings and a holistic, client-centred and integrative approach to supporting our clients.

Our team are experienced in supporting children, young people, families and colleagues through a wide range of challenges including:

- low self-esteem, anxiety, & stress
- relationship & domestic issues
- confidence & bullying issues
- loss and bereavement
- Sexuality & gender issues
- Special Educational Needs
- behaviour management
- leadership development
- performance management
- staff training & human resources

Our support is person-centred and is bound by the same professional standards as education and health professionals, as such our service is confidential and bespoke to you. Our initial consultation is free during which we will assess your needs and then make suggestions about how we might be able to support you or alternatively sign-post you on to more appropriate professionals.

Over the page you will find an outline of our services and costs. We aim to be as flexible and accommodating as possible and often our support develops over time so please don't hesitate to get back to us at any point if you think there may be different or more appropriate ways in which we can support you.

Yours sincerely

LK Whitworth
QGM, BSc(Hons), MSc(Psych), PGCE, NPQH, MBPS
lee@theladdergroup.net
www.theladdergroup.net

What does our support cost?

Description	Time	Unit Cost	Comments E.g. approx. number of sessions anticipated, any special considerations or requirements.
Private 1-1 mentoring / counselling / support session.	1 hour	£45	Usually weekly
Private 1-1 mentoring / counselling / support session.	90 mins	£65	Usually fortnightly. Therapeutic activities e.g. outdoor activities, phototherapy.
Parents / paired mentoring / relationship counselling / restorative support.	90 mins	£80	Usually fortnightly.
School / organisation facilitated 1-1 mentoring / counselling / support session.	1 hour	£65	Usually weekly
Professional support / training / workshop / consultancy	1 hour	£65	As required.
Half day professional support / training / workshop / consultancy	9-12 or 1-4pm (3hours)	£180	1/2 members of LG staff, supporting up to 10-20 colleagues.
Full day professional support / training / workshop / consultancy	9-4pm (6hours)	£350	1/2 members of LG staff, supporting up to 10-20 colleagues.

Our bank details are:

Account **Lee Whitworth** Sort Code **11 03 91** Account No. **02232627**

Cancelling a session.

If for some reason you need to cancel or reschedule an individual session, please ring or email at the earliest opportunity. When given 48 hours' notice before the agreed session time, we aim to reallocate our colleagues time to another client and are then able to reschedule your session at no additional cost.

Unfortunately, if you simply do not attend, or give less than 48 hours' notice, we will have to charge you for the session as it is unlikely we will be able to arrange for another client to use your appointment time at such short notice.