



Robin employs its innovative coach-practice model to improve students' self-confidence by 17% at a Young Women's Public School

THE CHALLENGE

After 2 years of struggling through the pandemic, the school leadership at a Young Women's Public School made it a priority to focus on better understanding and improving the mental health and well-being of their promising young women.

The school engaged Robin to assess the mental health and well-being of their students using the Draper and Lee Connectedness Scale - an assessment used to measure the degree to which adolescents feel connected to others in their social and home environments.

The assessment conducted in the Fall of 2021 identified that the students had strong feelings of connection to their families and positive expectations for the future. However, areas of opportunity included strengthening self-esteem, self-worth and connection to their peers.

THE SOLUTION

Drawing on assessment results, the Robin team customized programming to empower the students at a Young Women's Public School with real-life skills and tools to improve their overall mental health and well-being and understand that their worth is related to who they are as a person beyond their appearance.

Using interactive coaching workshops, the program focused on developing self-confidence and healthy relationships with others. Skills taught include:

- Affirming themselves and their strengths
- Understanding the influence of social media
- Replacing negative self-talk with positive self-talk using cognitive restructuring

The program was funded by the Student Leadership Network with support from the AEO Foundation and Robin. It included mental health coaching sessions and a 30-day gamified Healthy Habits Challenge to provide daily practice of skills learned throughout the spring semesters of 2022 and 2023.

THE OUTCOME

as self-reported by students

37% increase in healthy peer relationships

22% improvement in connection at school

17% increase in self-confidence

83% of students would use the skills learned

SKILLS LEARNED + PRACTICED

- ✓ **SELF AFFIRMATION**
- ✓ **CONNECTION TO OTHERS**
- ✓ **HEALTHY SOCIAL MEDIA USE**
- ✓ **MANAGING THOUGHT TRAPS**
- ✓ **GROWTH MINDSET**
- ✓ **RESILIENCY**



WHAT THE COMMUNITY SAYS



We were very fortunate this year to have Robin partner with us. Through our partnership, our students were able to participate in two Mental Health Challenges and we had four coaches present to our student body on much needed topics such as the effects of social media, body image acceptance, and negative thought patterns. These invaluable sessions provided not only our students, but also our staff with powerful coping tools that we can put to practice in our daily lives.

- ASSISTANT PRINCIPAL

I learned to be more positive, productive, and grateful for things I never thought about. I was able to read a new inspirational message every morning and it helped me start each day in a happy mood. I was able to make new goals for myself, and have a stronger growth mindset.

- STUDENT



Let's Connect.