

In Partnership with



March 2022

Dear Parents and Carers,

MITOS operates from within AAA and as we approach the 1-year mark we felt it would be a good opportunity to introduce ourselves and explain what we do. We provide training and support for staff and provide emotion coaching for children who need a safe space to explore their emotions. We work in partnership with the school and therefore we don't charge the school for our services in return for use of an office.

MITOS was founded by Marie El-Khazen and Naomi Trentham (also a parent) in 2021. Katie Cutting joined the team last summer. Between us we have training and experience in emotion coaching, performance psychology, attachment, mental health support (children & adults), restorative justice, parenting, grief and loss, looked after children, trauma and more besides. Marie and Naomi are accredited with Emotion Coaching UK to coach, mentor and train practitioners. MITOS has been trading for 1 year but we have been working in schools for a number of years. Our combined experience extends across multiple primary schools, pupil referral units, SEND schools, secondary schools, the Youth Justice Board as well as charity, sport, music and corporate sectors.

Being part of the Abbot Community has been a wonderful experience for us. We have seen first-hand the time and energy that is poured into children daily. Over the years we have worked in many school settings and can testify to the atmosphere being one full of love, kindness and positivity. One of our visitors even said "you can feel the love in this place".

As professionals working in the education and mental health space and based full time in the school, we were disappointed that the OFSTED inspectors did not speak to us to understand the provision we bring to the school. We know that the more emotionally safe children feel the more easily they can learn. Vicky and the team are phenomenal at living this out with your children and recognise that the wellbeing of children is paramount.

If you would like to know more about us or get in touch see our website www.mitos.work



Left to right - Marie, Katie, Naomi