

THIS IS FOR YOU

IF YOU ARE AN INNOVATIVE HEADTEACHER

IF YOU ARE PASSIONATE ABOUT IMPROVING PUPIL WELLBEING

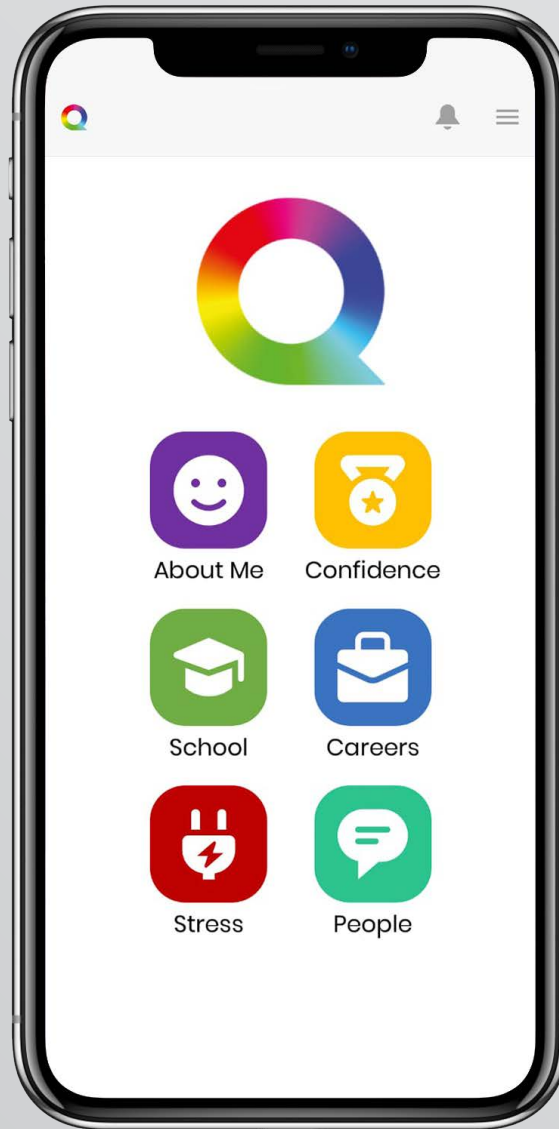
IF YOU ARE PASSIONATE ABOUT REALISING PUPIL POTENTIAL

IF YOU WANT TO GIVE YOUR PUPILS AN ADVANTAGE

IF YOU WANT TO GIVE YOUR SCHOOL AN ADVANTAGE

IF YOU THINK IT'S FOR YOU, APPLY WITHIN





WELCOME TO Q

Q is a smart and inspiring digital service to help transform the wellbeing, and realise the potential, of teenagers.

Mental wellbeing and personal potential are locked up within people's psychological DNA. Q uses precision psychological measurement, analytics and diagnostics to unlock that psychological DNA, followed up with coaching techniques to unleash its positive power. This embodies 40+ years of tried and tested tools previously available to only a privileged few in business, the military and elite sport.

Q enables schools and colleges to proactively equip their teenage pupils with the insights and precision tools they need to help realise their potential and resolve their everyday wellbeing problems by themselves.



THE BIG PROBLEMS



FOR TEENAGE PUPILS

- Their lives and brains are in complex transition to adulthood
- 24/7 judgement from social media
- Pressure from school and home to succeed
- An uncertain higher education, careers and economic future



FOR SCHOOLS

- Meet the performance aspirations of parents & regulators ... whilst also promoting & protecting pupil mental wellbeing
- Ever more school counsellors are needed to reactively manage pupil wellbeing problems
- Reputation & risk management

THE SOLUTION

Equip teenage pupils with the technology tools to be able to create for themselves their own unique wellbeing and performance 'thrive zone'.

It's not who you are that matters, but **how you behave**.



FOR TEENAGE PUPILS

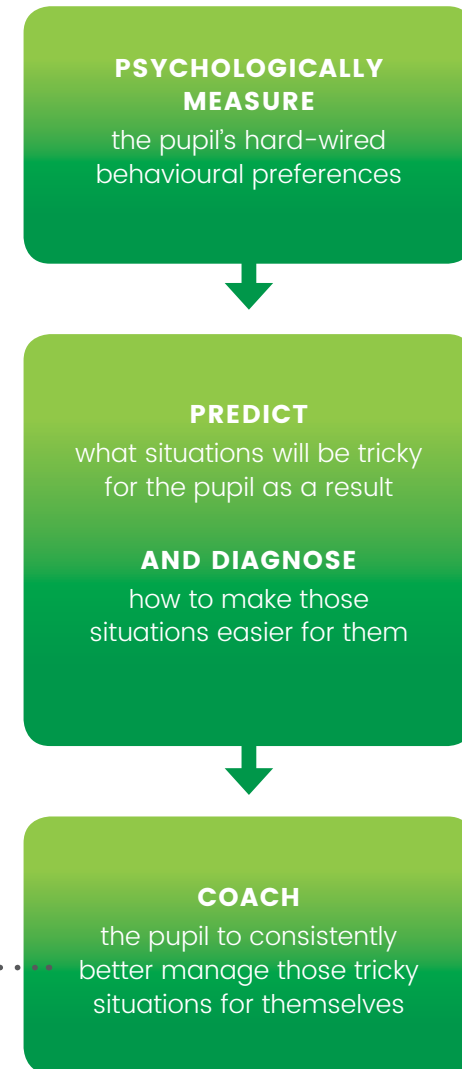
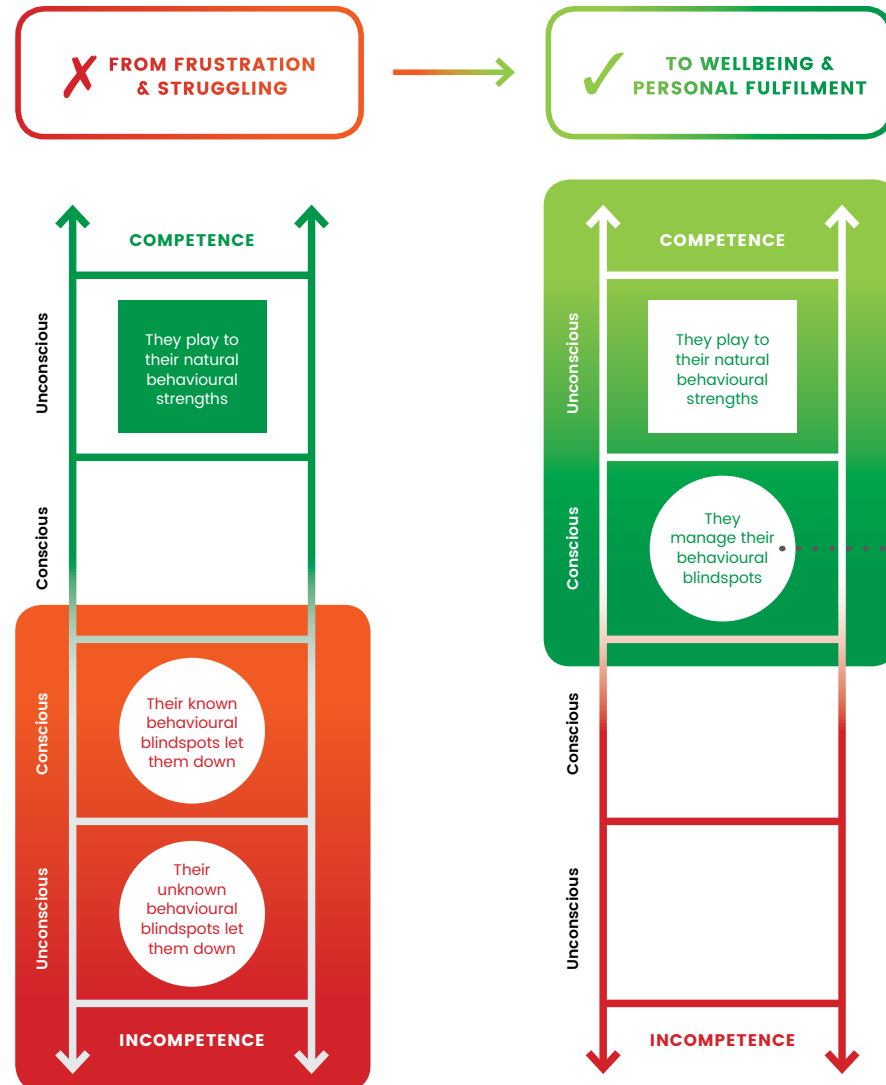
- ✓ Self-awareness, Understanding, Insight, Clarity
- ✓ Knowing when and how to manage their behaviours to realise their potential and resolve their wellbeing problems = better decisions
- ✓ Inspiration, Direction, Resilience, Control



FOR SCHOOLS

- ✓ Promote both pupil wellbeing and personal performance without lifting a finger
- ✓ Improved pupil performance. Reduction in wellbeing issues
- ✓ Measurable impact evaluation
- ✓ Self-aware pupils benefit far more from face-to-face interaction with wellbeing, choices and career counselling
- ✓ Innovation but with Safety, Security, Convenience & Value

Q TAKES THE PUPIL ON A CRUCIAL LEARNING JOURNEY



... BY FOLLOWING A 3-STAGE SCIENTIFIC PROCESS

AN EXAMPLE

How Q could help a teenage pupil manage stress

Kate is struggling at home as her parents are arguing a lot. Her homework grades are suffering too as her little brother and sister are so noisy now that she finds it hard to concentrate on her work. She feels she needs to keep them occupied so they don't wind up her parents anymore. Although she's got the lead role in her drama club she imagines her parents won't support her in this as her grades have been poor, so she hasn't told them.

Q shows her what her common stress factors are and how she reacts to these. It makes her realise stress comes from different places.

Q supports her by highlighting how she handles set-backs. For Kate when things go wrong she feels like it is her fault, often thinking she is the one that needs to put things right.

Q explains to Kate what her strengths are in handling set-backs – she takes responsibility for mistakes that get made or things that don't go well. Q also explains to Kate how she can fulfil her potential in handling set-backs – to be aware that others around her will frequently have a part to play in why setbacks happen.

Q also explains what Kate's common 'thinking errors' are likely to be, and from understanding these Kate realises these errors can add to her stress. She recognises now her tendency to imagine stories – for example, her belief around her parent's likely reaction to her drama role if she told them. Q then shows her new stress-busting ways to think, with clear examples of how she could start to think more realistically.



IN THE WORDS OF SOME OF OUR TEENAGE USERS

'Q is like an organiser
for your life'

'Safe, personal
(in a good way)
& useful'

'I really liked it
as I can learn about
myself and how I can
self-improve. Really my
kind of app'

'I learned about my
moods and how to do
better with my studies.
It helps me think about
all aspects of my life'

'It supports me
achieving my goals'

'It helps me do better with my
studies and manage stress better.
It boosts your confidence'

'Very useful
and accurate'

'It really helped to unbutton
all my stress and realise
about myself. My source
of stress is school'

'It is a wise old owl who
knows what is what. It is quiet
and just there for you'

'Motivational,
encouraging & inspiring'

'I'm not the most academic
and it gave me some hope and
made me feel more confident'

'I really liked the
content and how it was
unique to me'

We are building partnerships with a select group of innovative and forward-thinking schools who share our passion for transforming young people's lives using the benefits of psychology and technology. If you think that might be you, we would love to hear from you.

Jonathan Watmough

Chief Executive

Email: jonathan.watmough@quintillion.io

Mobile: +44 (0)7711 824 048

Quintillion Group Limited
5 St Peter's Court, Middleborough, Colchester CO1 1WD, United Kingdom
Registered in England and Wales under number 10746518

www.quintillion.io

