



## CONTACT US

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## MEET THE TEAM

**Saffia Solomon**

Lead Personal Development Coach

**Beth Wright**

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**Charlotte Walker**

Personal Development Coach

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Personal Development Coach

**Nichole Scissons**

Personal Development Coach

**Olivia Cummings**

Personal Development Coach

**Paige Robinson**

Personal Development Coach

**Sarah Brown**

Personal Development Coach

**Yasmin Proctor-Kent**

Personal Development Coach

# PERSONAL DEVELOPMENT COACHES



# ABOUT

When you join Newcastle Sixth Form College, you will be automatically assigned your own Personal Development Coach (PDC). They will work with you throughout your academic journey and offer a regular point of contact outside of the subject teaching teams to support your overall development and experience at sixth form.



## 1:1 Tutorials

Once a term you will have a compulsory one to one tutorial with your PDC as a chance to formally catch-up and discuss your academic progress.

This is invaluable in the first couple of months as you settle in to the new college and adjust to the routines, expectations, workload and culture of the sixth form.



# PERSONAL DEVELOPMENT SESSIONS

Weekly sessions offer a more formal approach to development, with your assigned coach leading a group on a wide range of activities including:

- Personal growth
- Academic skills
- Wellbeing
- Next steps (UCAS application, jobs and careers)
- Vision and goals
- Employability skills (CV, job interviews)
- Staying safe
- Money management
- Online safety
- British values

In these sessions you will be encouraged to participate and discuss your own issues and develop strong opportunities which will help you whilst at college and well beyond this experience.

An important aspect of our PDC's role is to help you focus on punctuality, attendance and workload, so that you also manage your time as effectively as possible and gain the most from your academic studies at sixth form.