

## Free Advisory Appointments

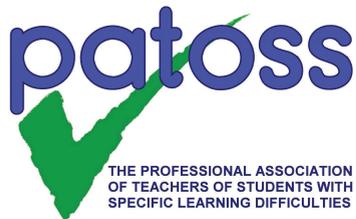
We offer a 30 minute advisory appointment to adults, and parents and carers of children where dyslexia is known or suspected.

The appointment is with a dyslexia specialist who offers verbal advice within the session. Examples of recommendations could include: talking with the school SENDCo or GP, referral to a specialist optometrist, formal assessment for dyslexia, suggestions to support learning at home or advice for coping in the workplace.

## Tuition & Study Skills

Specialist teachers provide 1:1 lessons. We use a cumulative and structured multi-sensory approach to support the development of literacy skills. We work holistically, with recognition that confidence building or support with motivation may be required. We provide tuition, study skills and revision lessons from the rightmind office in Chelmsford, sometimes at school or through home visits.

Associates of rightmind.life are required to belong to a professional association such as Patoss or the British Dyslexia Association (BDA).



## Dyslexia Screening

Dyslexia screening with verbal feedback can be carried out in one 50 minute session.

A screening service with a short report is also available for Key Stage 1 children (age 5-6).

## Assessment

Diagnostic assessment usually takes place from the age of 7 years, with an educational psychologist or a specialist teacher. There are differences between the educational psychologist and specialist teacher assessments. Please do speak with us to identify which can best meet your needs.

Diagnostic reports suitable for university students applying for the DSA are available. Testing for applications for examination arrangements can be arranged. Non-diagnostic assessments for literacy and maths skills are also provided.

In preparation of any assessment, you will be asked to complete a questionnaire to provide background information. The assessment process usually takes between 2½ and 3 hours. We aim to complete the detailed report with recommendations within 2 weeks.

Further discussion about the outcome of diagnostic assessment is available by telephone or in person with the assessor.

## People at Work

It is recommended that employers offer formal assessment for staff who may be dyslexic. Associates of rightmind.life also provide non-diagnostic Workplace Needs Assessments for employees.

## Workplace Coaching

Dyslexia related difficulties with: reading, writing, spelling, numbers, short-term memory, sequencing, visual orientation and sometimes speech can cause significant problems in the workplace.

The 'dyslexic' person has to deal with their own frustrations and difficulties, as well as other people's lack of understanding and this often causes considerable anxiety and other unpleasant emotions. It can cause some people to behave in a withdrawn, aloof, defensive or aggressive way.

The coach uses report recommendations, together with a solution focused approach to assist the person at work, usually during a series of 4 to 8 sessions. Progress is measured by asking the person and their employer target related questions before, during and after the coaching.

Coaching can help the person: to take control over their situation, recognise and work with their strengths, perceive their learning difference in a positive way, to be goal orientated, develop healthy coping skills and implement effective strategies.

## Hypnotherapy & Relaxation

Ruth Gravelle offers hypnotherapy with a dyslexia specialism. This natural and gentle technique can help you to make the positive changes you choose, for example, to:

- Learn to relax
- Cope more easily with dyslexia
- Remove learning blocks
- Use helpful coping strategies
- Increase confidence and self-esteem
- Improve communication skills
- Resolve issues with anger and learning
- Develop better memory skills
- Use revision techniques that work
- Be more organised
- Love yourself more

If you would like a free 30 minute advisory appointment to discuss how this can help you, please contact Ruth Gravelle through [rightmind.life](http://rightmind.life)

*"Ruth is a professional, kind and empathic lady. Following a few sessions to help me reduce stress, I have a better outlook and can easily relax."*

– Thomas

*"I am 15 years old and recently had 3 hypnotherapy sessions with Ruth as part of my dyslexia support. This helped me to be more confident about my dyslexia and learning. I can now relax easily and am motivated to revise for my GCSE exams."*

– Poppy



## Dyslexia Services

### Ruth Gravelle

BA (Hons), Dip SpLD (dyslexia), NLP, Dip Hip CS, QHHT, Reiki Master



Thank you for your interest in the services provided through [rightmind.life](http://rightmind.life)

My name is Ruth and I work in association with other experienced independent specialist teachers and chartered educational psychologists in Chelmsford and the surrounding areas. We believe in a holistic approach to enable children, young people and adults including university students and people in the workplace.

I have over 20 years experience as a specialist teacher with children and adults and am often the first point of contact if you would like to discuss assessment or other services provided through [rightmind.life](http://rightmind.life) associates.

The range of services we offer are introduced in this leaflet. For further information check our website [www.rightmind.life](http://www.rightmind.life) To make a booking email [ruth@rightmind.life](mailto:ruth@rightmind.life) or telephone/text 07919 405 501.

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Dyslexia Services  
provided by  
Specialist Teachers  
Educational Psychologists  
and Therapists.

