



St Margaret's School

Spring Term 2020

School Counsellor

My name is Mrs Pilar Rodrigo, I am an experienced counsellor, SENCO and qualified teacher, working across all the year groups of the private and public educational sector in London. My experience involves working with children who suffer from different types of problems and worries such as low self-esteem, poor social skills, anger, bereavement, reluctance to come to school, behavioural issues such as tantrums, academic difficulties, anxiety, difficulties at home and many other personal matters.

Unfortunately, in today's society young people have to endure an increasing number of pressures. I aim to help children to build resilience which they can then use both in the school (in and out of lessons) and in their personal lives. Counselling can help to improve the way children feel about themselves providing them with tools to think about issues in a different way, in order to prevent a negative impact upon their learning. Counselling involves encouraging children to explore their thoughts and feelings through play, art, role play, drawing, listening to stories, Lego and imagining in a safe and secure environment.

I work with a person-centered approach aimed at giving a child greater self-belief and self-worth. I do this by helping children to clarify what their inner values are and then empowering them to go on and reach their full potential. Usually the number of counselling sessions are between 5 to 7, however, in some cases, can be more. Throughout the process, Parents will receive regular feedback and this process will remain confidential.

If there is concern that a child or someone they know may be at risk or in danger, the counsellor will need to inform the School Safeguarding Officer.

I am delighted to have the opportunity to offer my professional, personal skills and my passion to St Margaret's School. If you would like to have more information or you have any concern related to your child or to yourselves, please do not hesitate to contact me at: pilar.rodla@gmail.com

With kindest regards,

Pilar Rodrigo

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