



THE MOONSHOT MASTERY ACADEMY

Helping You Find the Light Within



Sixth Form & Young Adults

**Identity, relationships and becoming
the person you want to be.**

At The Moonshot Mastery Academy, we support older teenagers and young adults to make sense of pressure, choices, emotions and relationships — helping them build self-awareness, confidence and practical tools for life.

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is for



Ways to work
together



The Calmer →
Safer → Capable
journey



What sessions
feel like



Next steps



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What this can help with



Confidence

Build self-belief and a more positive view of yourself.



Emotional understanding

Understand your feelings and learn healthy ways to manage them.



Boundaries

Set and maintain boundaries in relationships, online and in everyday life.



Future direction

Explore your values, options and next steps with greater clarity and purpose.

Who this is for

Support for sixth form students and young adults

Life at sixth form, college or as a young adult can be exciting, but it can also feel challenging at times. We offer a safe, non-judgemental space to explore what's going on beneath the surface, build practical skills and help you move towards a calmer, more confident and purposeful future.



Exam stress and overwhelm



Relationships, boundaries and belonging



Identity, confidence and self-belief



Decisions, direction and purpose

Ways to work together

Flexible support for your goals, your starting point and your future.



Weekly group sessions

A safe and supportive space to explore key themes, share experiences and build practical skills with others who get it.

From £15 per session



12-week Calmer → Safer → Capable journey

A structured 12-week programme combining group learning, practical tools and ongoing support, designed to help you understand what's going on beneath the surface and build lifelong skills.



1:1 support

Personalised, confidential sessions to focus on your unique goals, whether that's managing anxiety, building confidence, making decisions or navigating a difficult time.



Next steps

If you'd like to find out more about how The Moonshot Mastery Academy can support you, here are the next steps.

1



Get in touch

Drop us a message via the website or email to say hello.

2



Book a chat

We'll arrange a relaxed conversation to understand your needs and see how we can help.

3



Choose a route

Together we'll agree the best option for you, whether that's group sessions, 1:1 support or the 12-week journey.