



THE
MOONSHOT
MASTERY ACADEMY
Helping You Find the Light Within



Families & Young People

Understanding what lies beneath behaviour — and building calmer, safer, more connected lives.

At The Moonshot Mastery Academy, we support children, teenagers and the adults around them through group sessions, 1:1 support and developmental journeys. We create safe, compassionate spaces to explore what's going on beneath the behaviour, build emotional understanding and practical skills, and help young people and families move towards calmer, safer and more connected lives.

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Safer → Capable
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Who this is for

Families and young people who need understanding, safety and a way forward.

At The Moonshot Mastery Academy, we support children, teenagers and the adults around them when life feels overwhelming. We create a safe, compassionate space to explore what's going on beneath behaviour, build emotional understanding and develop practical skills for calmer, safer and more connected lives.



Anxiety & overwhelm

For children and young people who feel worried, unsafe, or emotionally overwhelmed, and struggle to switch off or feel calm.



School avoidance

For those finding school stressful or impossible right now, whether due to anxiety, past experiences or additional needs.



Big feelings & protective patterns

For children and young people who experience intense emotions, shut down, lash out or engage in behaviours that protect them.



Confidence & identity

For those who struggle with self-esteem, self-doubt or knowing who they are, and want support to build confidence, self-awareness and a more positive sense of self.



Family connection

For parents, carers and families who want to understand each other better, improve communication and create a calmer, more connected home life.



Behaviour is communication.

Behaviour often reflects anxiety, unmet needs, pressure or overwhelm.

At Moonshot, we look beneath behaviour rather than just managing symptoms — so we can understand the why and create lasting, positive change.





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Ways to work together

Flexible support for different starting points.

At The Moonshot Mastery Academy, we offer a range of ways to work together, so you can find the support that fits your life, your goals and your starting point. Each option is built on the same values — safety, compassion, curiosity and practical tools — with a focus on helping you move from overwhelm to feeling calmer, safer and more capable.



Weekly group sessions

Online group sessions exploring key themes such as emotions, boundaries, friendships, anxiety and building confidence. A safe, friendly space to learn, share and feel less alone.

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 behaviour and build lasting change.



1:1 and family support

Personalised 1:1 sessions for children, young people or adults, and family support to strengthen understanding, communication and connection at home. Tailored to your unique situation and goals.



Our group options can be the **most accessible place to begin**, while our committed programmes **reduce the per-session cost** and give you deeper, ongoing support.

WHAT MIGHT FIT BEST?



Group sessions might suit you if...

- You're curious and want to start with a lower-commitment option
- You enjoy learning with others
- You'd like a supportive, friendly community



The 12-week journey might suit you if...

- You're ready to make a focused commitment
- You want a clear structure and step-by-step support
- You'd like to build lasting skills and confidence



1:1 and family support might suit you if...

- You'd like personalised, tailored support
- You're navigating specific challenges at home, school or in daily life
- You want focused support for you or your child, with practical strategies for lasting change



OUR PROGRAMME OVERVIEW

The Calmer → Safer → Capable journey



This 12-week developmental arc underpins all Moonshot support.

We believe lasting change happens in a clear, step-by-step journey. The Calmer → Safer → Capable framework helps children, teenagers and the adults around them build understanding, practical skills and real-world confidence — creating calmer, safer and more connected lives.



Calmer

WEEKS 1 – 4

Building awareness and foundations so we can respond, rather than react.



Understanding the nervous system



Noticing states



Emotional regulation



Naming what is happening



Safer

WEEKS 5 – 8

Creating safety through connection, trust and supportive relationships.



Trust



Connection



Co-regulation



Relationships and boundaries



Belonging



Capable

WEEKS 9 – 12

Building confidence, agency and real-world skills for a brighter future.



Identity



Confidence



Agency



Choices



Values



Future direction



*Understanding today.
Brighter tomorrows.
Together.*



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What sessions feel like

A calm, supportive and down-to-earth space.

Our sessions are a chance to pause, talk and make sense of what's happening. We create a relaxed, friendly and respectful environment where children, young people and families can explore their thoughts, feel heard, and take practical steps forward.



Warm and relational

We take time to build trust, listen without judgement and meet each person where they are.



Practical, reflective and age-appropriate

We use simple, meaningful tools and conversations that fit each person's age, needs and goals.



Not therapy, diagnosis or interrogation

Our sessions are supportive and educational. We don't diagnose, and we're not a therapy or clinical service.



Designed to help children, teenagers and families

Whether it's a young person on their own, a parent, or the whole family, sessions are shaped to be relevant, flexible and personal.

WHAT TO EXPECT

1



Enquire

Get in touch via our website or contact form. Tell us a little about what's going on and what you're hoping for.

2



First conversation

We'll have a relaxed chat to understand your needs, answer any questions and see if we're a good fit.

3



Choose a route

Together we'll agree the best next step, whether that's individual sessions, family support, a short programme or workshops.

4



Begin gently

We start at a comfortable pace, focusing on what matters most and taking small, practical steps towards positive change.



Safeguarding and professional boundaries

The safety and wellbeing of children, young people and families is always our priority. We follow clear safeguarding procedures and work within professional boundaries at all times. This is not a therapy or clinical diagnostic service. We do not diagnose or treat mental health conditions. Our sessions are educational and supportive, focused on personal growth, emotional understanding and practical strategies.





Meet Matt

Educator. Leader. Advocate.

I'm Matt, the founder of The Moonshot Mastery Academy. I'm an educator, leader and advocate with 13 years of experience in secondary education. During this time I've worked as a teacher, Head of Science and Assistant Headteacher, supporting thousands of young people and their families through both everyday challenges and the more complex moments that life can bring.

I've taught and supported over 10,000 young people, and this experience has shown me that beneath behaviour there is always a story. By combining education, developmental understanding, nervous-system awareness and practical support, I help young people and families find calmer, safer and more connected ways forward.

The Moonshot Mastery Academy was created to bring this experience together — offering meaningful support for children, teenagers and the adults around them, so that everyone can find the light within.



Why families and schools work with me



Experienced school leader

13 years in secondary education as a teacher, Head of Science and Assistant Headteacher.



Safeguarding first

A consistent, child-centred and trauma-aware approach, with safety and wellbeing at the heart of everything I do.



Science-informed approach

Combining education, developmental understanding, and nervous-system awareness with practical strategies that work in real life.



Supporting the whole system

Working with young people, families and schools to build understanding, strengthen relationships and create lasting, positive change.

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 me 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 I can help.

3



Explore support

We'll look at the best options for you, whether that's 1:1 support, group work or school partnership.

4



Take the next step

Begin your journey towards calmer, safer and more connected lives.

