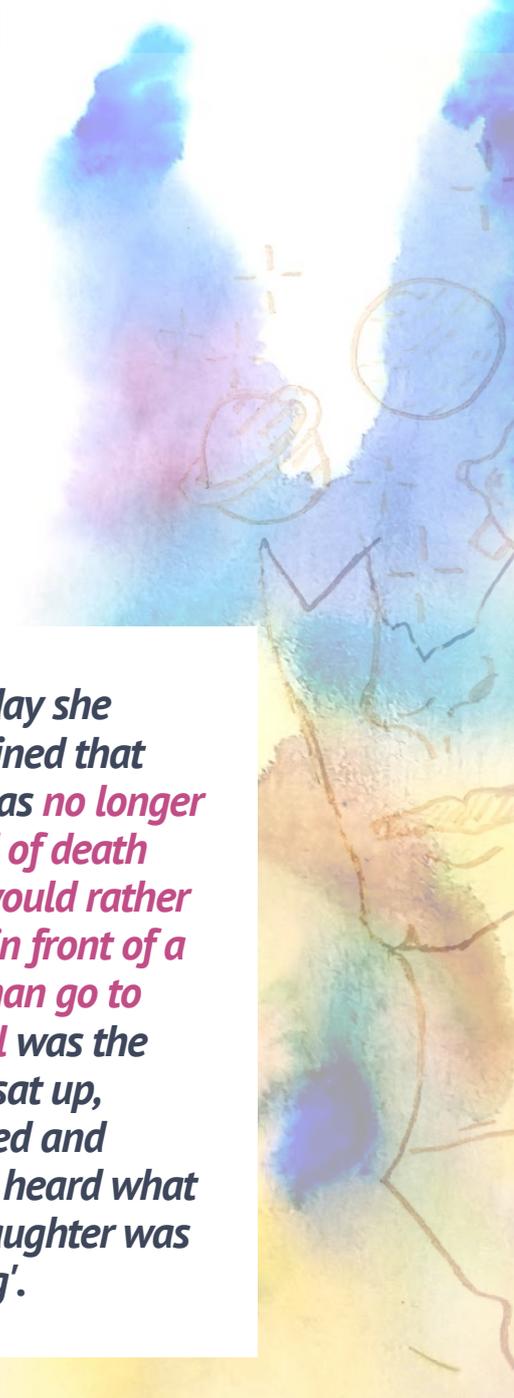


Lights On MUMS

IN MY OWN WORDS by Jackie West-Hook



*'The day she explained that she was **no longer** afraid of death and would rather walk in front of a bus than go to school was the day I sat up, listened and really heard what my daughter was saying'.*

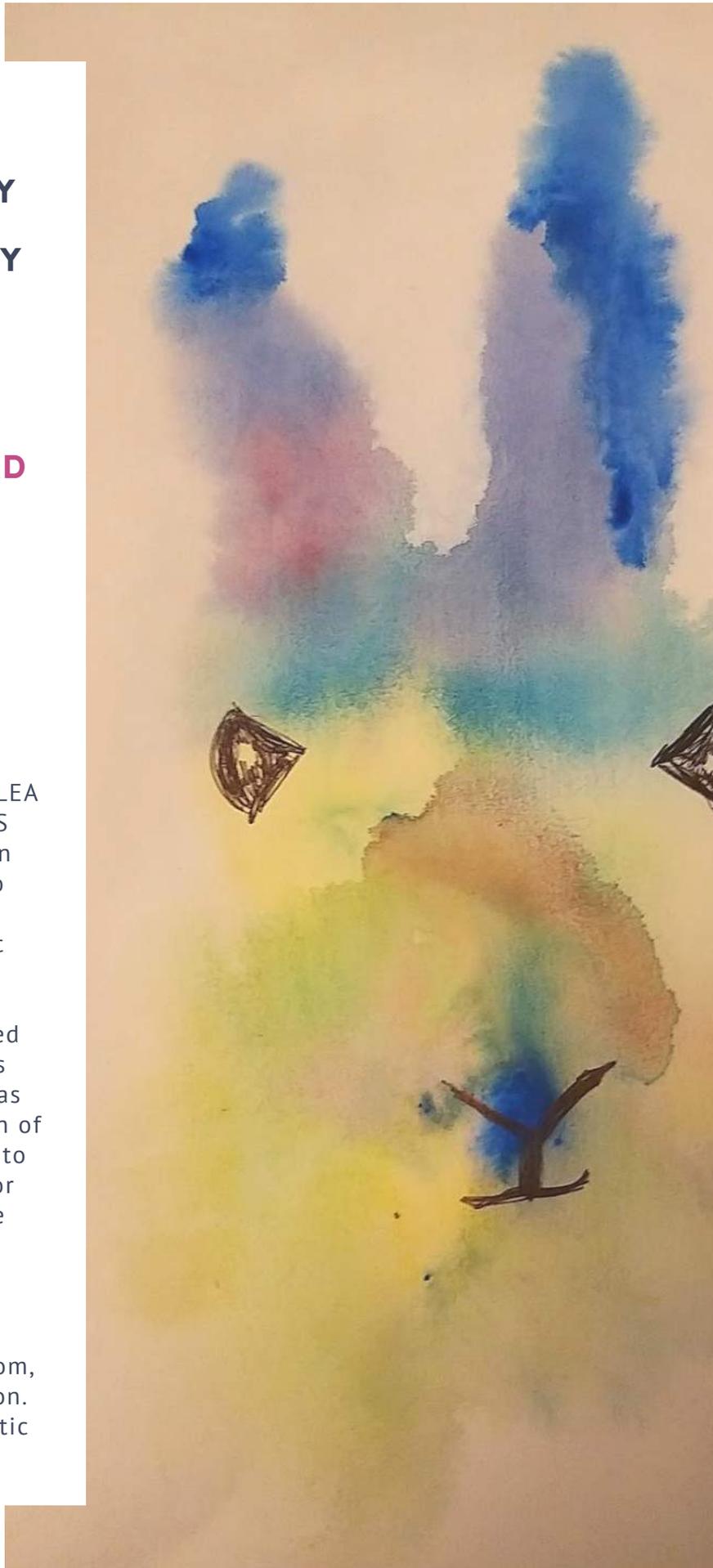
I WAS FIRST DRAWN TO EXPLORIUM WHEN THINGS HAD HIT ROCK BOTTOM. MY DAUGHTER PAIGE, WHO WAS 12, HAD MADE IT VERY CLEAR TO ME THAT SHE COULD NOT COPE WITH SECONDARY SCHOOL. IT WAS LIKE A SWITCH HAD BEEN FLICKED, AND PAIGE HAD WITHDRAWN. SHE HAD TOTALLY LOST HER SPARK AND IT WAS SCARY.

The day she explained that she was no longer afraid of death and would rather walk in front of a bus than go to school was the day I sat up, listened and really heard what my daughter was saying.

A week later, the de-registration to the LEA letter was sent, coinciding with a CAMHS assessment which supported our decision to home school. I hadn't even thought to discuss this with her Dad, I knew this action was necessary for Paige and I just had to act.

Our first efforts at home schooling looked just like school. I brought books, courses and looked at curriculum providers. It was a time full of stress and strops from both of us. I was terrified that she would refuse to do any work and I would be in trouble for not providing her with an education. She was still stressed and frightened, totally unengaged and bored, and I was feeling isolated and trapped.

I have no idea where Explorium came from, it just popped up and caught my attention. I am sure it was one of those synchronistic things that was meant to be.



I had a call with their Enrolment Coach, Matt, and knew signing up to The Lights On® Academy was the right thing to do. I knew it in my gut, and could feel nervous excitement bubbling up, but I had no idea what I was signing up for.

At first I was too scared to really get Paige (and her older sister who was uninspired but still plodding along at school) on board. They would shut down any opportunity when I approached them and I felt rejected and vulnerable. I needed them to go with me on this and trust that we needed Explorium in our lives. I struggled with moving on through the training as I didn't feel I could move forward when my children were stuck way behind with their heels dug in.

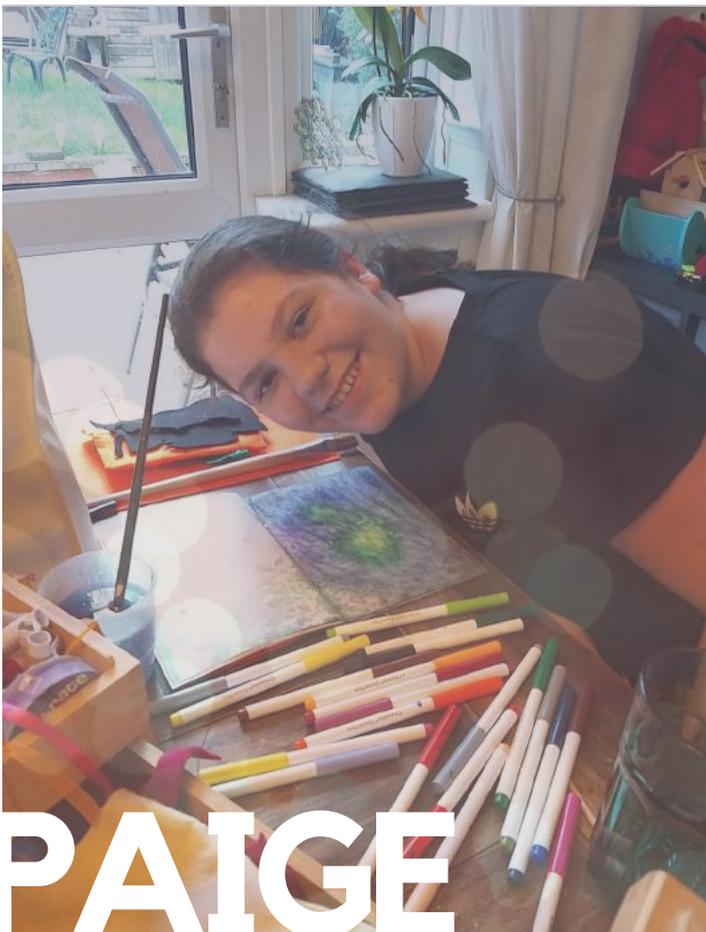
Everything changed when we started doing the Learning Carousels. I realised that I had been doubting my ability to encourage any interest out of Paige, thinking my imagination was lacking. Once I had said this out loud it was such a relief. I had a starting point to work from.

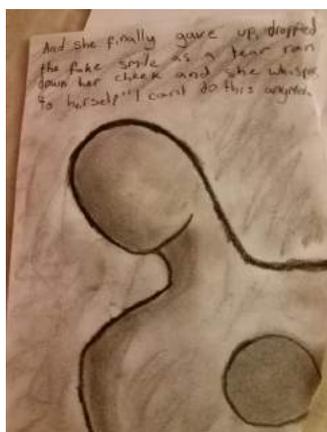
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I was uncovering core limiting beliefs, and realising that I could reframe these in my mind was a game-changing moment. I also began to understand that I could learn alongside my children and be a role model for them.

I looked at my own creative projects that were not finished. Finishing a cross stitch I had been on the go for 25 years was a pivotal moment. I realised it wasn't just about the girls - I needed to be unlocking my passions too, to find my switches, to have fun.





'A LIGHT HAS BEEN SWITCHED ON AND WE ARE ALL BEGINNING TO GLOW.'

Now life feels exciting, full of possibility, waiting to be tapped into. Life feels lighter for me. I am starting to imagine, starting to live. Paige is beginning to make plans and act. She wants to paint the shed and help clear up the garden. She wants to make an effort and get involved in life again. Megan is singing and chatting. She is being noticed and being heard. It makes me buzz with happiness.

I'M TRYING NEW THINGS AND CHALLENGES, GETTING OKAY WITH BEING VULNERABLE AND TRUSTING THAT I CAN DO THIS. IT FEELS EXCITING TO KNOW THAT ANYTHING IS POSSIBLE. LIFE WAS DARK AND NOW A LIGHT HAS BEEN SWITCHED ON AND WE ARE ALL BEGINNING TO GLOW. WE ARE GROWING AND OPEN TO OPPORTUNITY. I CAN SEE A DIFFERENCE IN MY FAMILY AND I WILL NEVER GO BACK.

Written by Jackie West-Hook
Edited by Corinne Williams

If you want your story to change like Jackie's has, book in for a learning consultation: www.explorium.co.uk/apply

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