

The London

MEDICAL CLINIC

9th Floor
1 Duddell Street
Central,
Hong Kong

To whom it may concern,

Re: Matilda Moylan-Blaikie

Matilda is a compassionate and caring professional with years of experience working with young people. I have referred many clients to Matilda, and I have seen a significant improvement across confidence, behaviour, and motivation. Matilda equips young people with practical tools and support to develop self-confidence and academic motivation. Matilda builds strong rapport, and works consistently to model and encourage positive behaviours. She is able to employ proven strategies of therapeutic tutoring and academic coaching to promote lasting change, while liaising with family, school and allied health. With her knowledge of mental health and appropriate learning strategies, Matilda is most qualified to support students on their path to growth.

Case study 1:

I referred a 15 year old boy, who was socially and academically withdrawn from school, to see Matilda for therapeutic tutoring. Working with Matilda on a weekly basis, setting and achieving small goals and completing school work, he was able to see positive changes including increased motivation, successfully reintegrating back into school. His family has noted improvement in mood and social engagement with friends and family. Matilda continues to support his social, emotional and academic journey.

Case study 2:

A 15 year old girl presenting with learning difficulties, anxiety heightened by academic pressure, was referred to Matilda for support. She has been able to, with Matilda's assistance, set an achievable and regular study plan in alignment with the school, re-design and complete assignments to suit special requirements, and as a result increase motivation for learning. They have also implemented a more productive daily routine. Matilda is part of the support team and has regular contact with the school, family and allied health.

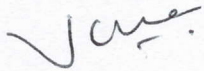
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Case study 3:

A 16 year old girl presenting with a severe depression with suicidal ideation and ADHD was referred to Matilda for therapeutic tutoring. At that time the student was struggling to complete academic work, for example it was difficult to write a paragraph without deleting it due to perfectionist tendencies and focus. The two have build a great rapport, and Matilda has provided a structure for learning, planning skills, and study support which has allowed the student to increase the number of subjects that can be completed comfortably while attending school remotely. This student been able to achieve significant academic improvement, with increased confidence, organisation and motivation, resulting in an average of 20% increase in grades.

Case study 4:

A 16 year old girl presenting with severe Anorexia Nervosa and depression was referred to Matilda for therapeutic tutoring. Over a period of six weeks, employing techniques of academic coaching, value-aligned goal setting, and organisation support, the student saw a marked increase in motivation for learning, social involvement, interest in activities and resilience.



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