

<b>TOPICS</b> <ul style="list-style-type: none"> <li>• 1-hour discovery talk and 2-hour workshop options available for each topic</li> <li>• Content is adapted according to cohort</li> </ul>	<b>OUTCOMES</b>	<b>INCLUDED</b>
<b>Empowering Self Talk Self</b>	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>- Identify whether thoughts are limiting (holding them back) or empowering (driving them forward) when they are working towards achieving their goals</li> <li>- Understand concept of neuro plasticity (how we learn and our ability to rewire our brain) creating new habits in 21 days</li> <li>- Utilise tools to replace negative thought patterns with a mind-set shift towards a positive and productive way of thinking</li> <li>- Identify specific times to utilise these strategies; i.e. pre-and post exam period</li> </ul>	Pre and post survey data ( <i>workshops only</i> ) <ul style="list-style-type: none"> <li>- Students will be required to fill out a short pre and post workshop survey which align with the workshop outcomes</li> <li>- The collation of survey data will show; success of desired outcomes and recommendations for future strategies</li> </ul> Workbooks ( <i>workshops only</i> ) <ul style="list-style-type: none"> <li>- Can be accessed online or printed by school prior to workshop</li> </ul> Access to online resource library
<b>Confidence &amp; FEAR</b>	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>- Recognise FEAR, what it is, where it comes from and how to overcome it</li> <li>- Shift perception around 'failure'. Recognise the importance of 'failure' (re-name to falling forward) failure failure= feedback</li> <li>- Creating habits to live a confident life</li> </ul>	<ul style="list-style-type: none"> <li>- Pre and post survey data (<i>workshops only</i>)</li> <li>- Workbooks (<i>workshops only</i>)</li> <li>- Access to online resource library</li> </ul>

	<ul style="list-style-type: none"> <li>- Identify Fixed Vs Growth mind-set</li> </ul>	
<b>Building and maintaining quality and healthy connections</b>  <i>The 3 C's</i> <b>Connection to self</b> <b>Compassion</b> <b>Collaboration</b>	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>- Identify qualities and benefits of healthy and quality connections</li> <li>- Practising self-love and self-acceptance; Connection to self</li> <li>- Overcoming judgement of others with a shift in perception; practising Compassion over Judgement</li> <li>- Identifying the benefits to and ways to practice Collaboration over Comparison</li> </ul>	<ul style="list-style-type: none"> <li>- Pre and post survey data (<i>workshops only</i>)</li> <li>- Workbooks (<i>workshops only</i>)</li> <li>- Access to online resource library</li> </ul>
<b>Taking responsibility</b>	<p>Currently being created ☺ - ultimately students recognise that their 'success' is 100% their own responsibility and empowering them to take steps towards whatever it is success looks like to them (also teaching them how to figure out what this is).</p>	<ul style="list-style-type: none"> <li>- Pre and post survey data (<i>workshops only</i>)</li> <li>- Workbooks (<i>workshops only</i>)</li> <li>- Access to online resource library</li> </ul>
<b>Social media</b>	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>- Identify ineffective coping strategies and amplifiers for stress and anxiety</li> <li>- Develop awareness around connection between social media, unhealthy body image, stress and anxiety</li> <li>- Awareness around social media addiction and strategies to break unhealthy habits</li> </ul>	<ul style="list-style-type: none"> <li>- Pre and post survey data (<i>workshops only</i>)</li> <li>- Workbooks (<i>workshops only</i>)</li> <li>- Access to online resource library</li> </ul>
<b>My perfect week</b>  <b>Values/ Daily rituals/ Creating habits</b>	<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>- Develop an understanding of time management and the importance of prioritising and scheduling</li> </ul>	<ul style="list-style-type: none"> <li>- Pre and post survey data (<i>workshops only</i>)</li> <li>- Workbooks (<i>workshops only</i>)</li> <li>- Access to online resource library</li> </ul>

	<ul style="list-style-type: none"> <li>- Recognise personal values and living congruently with them (why this is important)</li> <li>- Creating habits to live in values each day (daily rituals to happiness)</li> </ul>	
<b>Stress and coping 1- Mindfulness</b>	<p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>- Recognise the importance of practising gratitude and implement habits to practise it</li> <li>- Identify effective preventative methods and coping strategies for stress and anxiety</li> <li>- Conscious meditation practise and self meditation strategies</li> </ul>	<ul style="list-style-type: none"> <li>- Pre and post survey data (<i>workshops only</i>)</li> <li>- Workbooks (<i>workshops only</i>)</li> <li>- Access to online resource library</li> </ul>
<b>Stress and coping 2- Movement and nutrition</b>	<p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>- Identify role of movement in prevention and treatment of stress</li> <li>- Look at food in terms of nutritional value as opposed to calorific intake (eating for energy and clarity)</li> </ul>	<ul style="list-style-type: none"> <li>- Pre and post survey data (<i>workshops only</i>)</li> <li>- Workbooks (<i>workshops only</i>)</li> <li>- Access to online resource library</li> </ul>
<b>Goal setting 1- Beliefs</b>	<p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>- Recognise personal beliefs and where they come from/ Identify limiting vs empowering beliefs and how to change them</li> <li>- Outcome focused- what you focus on is what you get (RAS)</li> <li>- Creating new beliefs to support goals</li> </ul>	<ul style="list-style-type: none"> <li>- Pre and post survey data (<i>workshops only</i>)</li> <li>- Workbooks (<i>workshops only</i>)</li> <li>- Access to online resource library</li> </ul>
<b>Goal setting 2- Accessing energy and motivation</b>	<p><b>Students will be able to:</b></p> <ul style="list-style-type: none"> <li>- learn and practice the 'WALT DISNEY' goal setting strategy; Dreamer (creating goal), Realist (planning), Critical Thinking (assessing)</li> <li>- Practise and implement TAKING ACTION towards goals</li> <li>- Setting stretch goals</li> </ul>	<ul style="list-style-type: none"> <li>- Pre and post survey data (<i>workshops only</i>)</li> <li>- Workbooks (<i>workshops only</i>)</li> <li>- Access to online resource library</li> </ul>

	- Create habits to access motivation	
<b>ONLINE RESOURCE LIBRARY (A WORK IN PROGRESS- UPDATED REGULARLY)</b> Meditation recordings <ul style="list-style-type: none"> <li>- Pre and Post Exam</li> <li>- Confidence</li> <li>- Motivation</li> <li>- Self Worth/ Self Love</li> </ul> Presentation recordings Workbooks		

**Discovery talks- 1hr**

- 1-hour presentation on topic
- Access to online resource library

**Workshops- 2hrs**

- 2-hour presentation on topic, more practical/ movement and time for discussion
- Access to online workbook (printed by school prior to workshop)
- Pre-and post-survey/ collation of data to be presented back to school
- Access to online resource library

**PD for teachers**

- Based around workshops chosen by school that will be presented to students

**Outcomes**

- Teachers to have a personal experience of the content and therefore recognising the importance and impact
- Congruency / aligned vision and focus throughout the school
- Teacher wellbeing and personal development
- Teachers modelling and encouraging coping strategies, using a common language

**Presenters of PD**

- Specialists from Empowering Pathways will be chosen to present according to content (collaborations include; Teachers, Life Coach's, Movement Specialists and specialists in Neuropsychology)

**Underpinning themes and overall outcomes**

- Taking responsibility
- Creating a thirst for knowledge (growth mind-set vs fixed mind-set)
- Creating purpose and vision for life- connecting this with purpose of school
- Increased happiness/ motivation for school
- Better connection to self, others (peers and teachers) and school environment