



RESILIENT ME FACTSHEET

Accelerate

Overview



Smashing skills and building belief!

'Accelerate' is the perfect mix of skills, mindset and habits required for success in Key Stage 3.

It's a fun and inspirational event that equips students with a range of study tools and techniques they can put to use immediately. But it doesn't stop there! It also encourages self-reflection resulting in a boost to confidence, self-belief and aspiration.

'Accelerate' is a high-impact, dynamic experience that your students will love!

Delivery Options

FACE TO FACE or VIRTUAL

Year groups 7 – 9

Duration 2 x 2 hours, 3 x 80 minutes, 4 x 60 minutes

Audience – up to 150 students per workshop

ONLINE

Coming Soon

This workshop supports:

Ofsted Education Inspection Framework

- 3Is
- Behaviours and Attitude
- Personal Development

Gatsby Benchmarks 3, 4 & 5

Key Topics

- Accelerated learning techniques to support spelling, retention and recall
- Self-Belief
- The Bucket List
- The Great Gatsby
- Puzzle Me Happy
- Self-Reflection

Learning Outcomes

At the end of this workshop students will be able to:

- Use a range of accelerated learning techniques to promote good study skills and to boost confidence
- Understand how skills learned both inside and outside of school can help them towards their future exam and career success
- Use self-reflection techniques to boost confidence and happiness
- Use goal setting techniques to raise aspirations

"Just because you can't do something straight away – doesn't mean you can't do it!"

For more information or to check dates and availability please contact Resilient Me



resilientme
STRENGTH THROUGH UNDERSTANDING

info@resilientme.co.uk www.resilientme.co.uk +44 01778 349613