

# Building Strength Through Understanding

An introduction to the workshops and courses available from the UK's leading provider of student resilience and wellbeing training



resilientme

# What Resilient Me can do for you...

Resilient Me is a multi-award-winning company. Our founder, Rachel Munns, has been actively supporting schools across the UK since 2008.

Our nationwide presenting team comprises former teachers, business professionals and parents, so we understand what is required of students (and staff) from every angle at every stage.

## What do we do?

Well, the clue is in our name! We help build personal and educational resilience through a range of fun, interactive, content-packed workshops.

## Our workshops

Our workshops can be delivered face-to-face or virtually and cover the three critical stages that lead to success:

**Step 1 – Get mentally prepared**

**Step 2 – Build confidence and motivation**

**Step 3 – Master skillsets for success**

We believe that students and staff can only ever perform at their best when their mental wellbeing is positive (Stage 1). It is this belief that separates us from our competitors.

In addition to this, they have to really want to succeed (Stage 2) before they will apply themselves to learning skills (Stage 3).

However, we recognise that schools and colleges often

don't have the budget for multiple workshops so we ensure that all our content has resilience at its core creating a win-win for everyone.

*But it doesn't end there...*

## Our Online Platform

We also know that it takes more than one wonderful workshop to create lasting improvement which is why we have an online version of every workshop that can be used to provide ongoing learning and embed the new knowledge. This is available for all students, staff and parents.

*And as if that wasn't enough...*

## Our Parent Portal

The Resilient Me Parent Portal is unique in the education marketplace. This free resource lets parents know exactly what we have shown their sons and daughters in a live workshop, and also gives them guidance on how to continue to support the learning at home.



# STRENGTH THROUGH UNDERSTANDING

## Our ethos is simple.

We are all at our strongest when our mental wellbeing is good, our mindset is positive and our skillset is maximised.

Understanding how to make this happen is what Resilient Me does best

And we are with you all the way – from Year 6 transition to decision time at age 18.

## Stage 1 Get mentally prepared...

The Circus of Life is our flagship programme. It was the first of its type to be offered to schools across the UK and covers three vitally important topics: Resilience, Personal Growth, Managing Stress & Wellbeing.

The workshop is relevant for all year groups and we have an enhanced, full-day version available for staff inset days.

Consistently excellent feedback from a variety of age groups is testimony to the engaging delivery and usefulness of this workshop.

Let's take a closer look...



## The Circus of Life Workshop Key Stages 3, 4 & 5

Learning to navigate life is a little like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, let go and trust that others will be there to catch us, clown around a little and feel the thrills.

This workshop looks at all the demands being placed on today's young people and shows them how to find balance, look after themselves, become resilient and take control of their future.

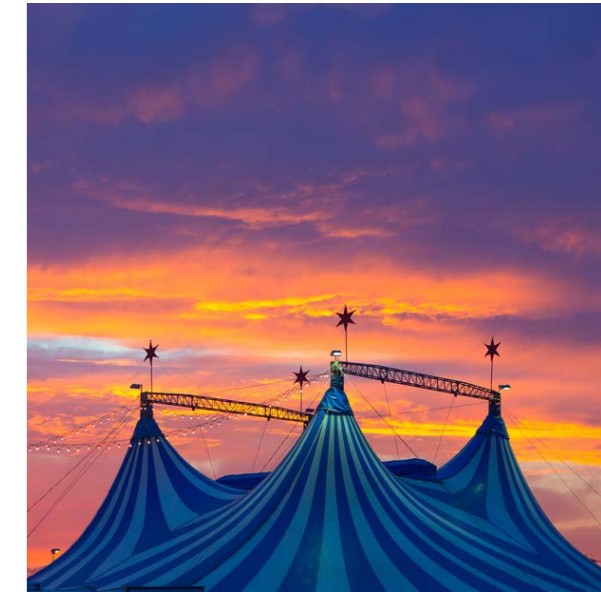
### Aims

The course has three main aims:

- To build resilient students
- To show students how to achieve a healthy work / life balance
- To encourage students to develop a growth mindset
- To help students understand and manage stress through a full set of wellbeing techniques

### Learning Outcomes

- Students learn to challenge habitual thought patterns, replacing stress-inducing language with resilient language
- Students identify the stress points in their life and commit to making necessary changes
- Students learn how to take an holistic approach to their well-being thus combating stress illness
- Students begin to develop a growth mindset.



### FEEDBACK

*"We found the work with the students to be perfectly suited to our ongoing work around their resilience and emotional wellbeing.*

*On top of this, the training with the staff was excellent and at a time when education is tough, very timely."*

## Stage 2 Build confidence and motivation...

## Creative and Brilliant Me Year 6 Transition & Year 7

There is NO better way to kick start Year 7 than with this whirlwind workshop that builds confidence and motivation. The students literally burst with enthusiasm at the end of this workshop – and the staff love it too! ALL will be amazed by their own abilities.

It's not just for motivation though, it is an exhilarating rocket ride through a fabulous range of creative learning techniques designed to raise aspirations, build self-belief and improve learning. It's easy, it's fun, it's quite simply out of this world.

### FEEDBACK

*"Absolutely brilliant!  
Very useful information and presented in an engaging and interactive way. I was very impressed with the resources and the amount of quick and practical tips for the students to be able to use instantly.  
It was very well organised and very useful for the students who were engaged throughout the whole session.  
All the students I have spoken to since found it useful and as a teacher I also found some ideas for adapting my teaching."*



### Key Topics

- Multi-sensory Learning
- Mind- Mapping
- The Story Technique
- How the Brain Works
- Creative learning Techniques

### Learning Outcomes

- Develops creative learning skills
- Increases enthusiasm for learning
- Builds self-belief and raises aspirations
- Demonstrates powerful learning to learn techniques
- Shows students it can be easy to absorb and retain information
- Encourages reluctant learners to see learning as a joyous experience



## Accelerate Key Stage 3

**This little gem is a triple-whammy! It builds confidence, motivation AND skills.**

The workshop contains 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 that 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!

### 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



## Motivated Me Key Stages 4 & 5

**True motivation comes from within. 'Motivated Me' inspires students to feel excited about their futures and equips them with the knowledge and tools they need to plan their routes to success.**

With their objectives clear it then provides a simple but effective goal setting template for them to use over and over again as they become accomplished goal setters and achievers.

It's a fantastic, dynamic workshop helping students of all ages to find their own reasons to work hard and willingly put in the effort they need to succeed!



### Course Objectives

- To help students understand what motivation is and where it comes from
- To encourage students to take personal responsibility for themselves and their futures
- To help students approach their studies with confidence and achieve better results
- To encourage students to develop self-motivation
- To increase confidence in their ability to succeed
- To adopt a positive mind set and encourage personal resilience

### Learning Outcomes

As a result of attending this workshop students will:

- Be open to opportunities around them
- Challenge limiting belief systems and habitual thinking patterns
- Adopt a healthier, positive state of mind and positive behaviours
- Develop self-motivation skills
- Focus on achieving self-set goals
- Understand their own strengths and how their behaviour impacts others
- Respond positively to negative situations



## Stage 3 Master the skills for success...

Once motivated and mentally fit and ready, we now go on to create a real appetite for learning. With engaging content and delivery, our stage 3 courses build a study, revision and examination toolkit that is second to none.

### STRESS FREE STUDY SKILLS

#### Key stages 3 & 4

Stress-free Study is the perfect introduction to the techniques, habits and attitudes required for exam success.

It is an entertaining, dynamic and inspirational event that equips students with a range of study tools and techniques they can use immediately in the classroom and at home.

It is a high impact experience that significantly boosts self-confidence and raises aspirations.



### PREPARE TO PASS

#### Key stages 4 & 5

This course looks at the key areas of self-belief, organisation, reviewing and stress management all wrapped up in a powerful workshop, complete with a revision toolkit that's second to none and flexible enough to suit everyone!

Students begin by looking at self belief and examining their own reasons for wanting success in their exams. This is followed by a comprehensive set of world-class revision techniques – a toolkit, if



you like, that guarantees to offer something to suit everyone.

Organisation, including the study / life balance and pacing is next with a rigorous look at how to maximise the impact of every revision session to boost exam results.

The workshop ends by building confidence through a range of stress-management techniques.



### SMASH IT IN 6TH FORM!

#### Key stage 5

This fast-paced, interactive workshop empowers Year 12 students to step-up to the increased demands of 6th form.

It encourages independent learning and personal leadership, and at the same time promotes good stress management techniques for their own wellbeing.

The workshop covers a wide range of essential skills and focusses on both mindset and skill-set, thus equipping students with all the tools they need to maximise their potential in KS5 and beyond.

### SPRINGBOARD TO SUCCESS

#### Key stage 5

A whole package for success in and beyond sixth form.

Sixth Form is the bridge between childhood and adulthood. A land of opportunity where young people take important steps towards their future. The actions they take at this point can be life changing.

This exhilarating workshop examines key aspects of moving into the next phase of life including communication skills, looking at what sets YOU apart from the crowd, understanding the qualities (not skills) that employers are looking for and learning key power habits to improve performance and results.

The 'Springboard to Success' workshop is perfect for students looking to move successfully into Higher Education or out into the world of work. It builds self-confidence, aspiration and motivation.

### MIND MAPPING

#### Key stages 3, 4 & 5

Mind Mapping is an effective and well-documented method of improving recall and learning, as well as being an excellent tool for improving overall levels of creativity and imagination.

Taught effectively and applied in the correct way, Mind Maps can be used in all subjects to provide a comprehensive and easy route to plan better, absorb more detail and significantly boost recall skills.

**Comprehensive factsheets for all our workshops can be viewed and downloaded at our website: [www.resilientme.co.uk](http://www.resilientme.co.uk).**



# For Teachers...

Although student wellbeing is the priority, staff too need to understand about mental health issues and be able to recognise and combat them in themselves. They also need to be able to support their students and colleagues by knowing what has been taught in our courses and by being conversant with any applied techniques.

There are two options available for Staff CPD:

**Teacher Twilights** - these are one-hour sessions offered at the end of a live student day and usually providing an overview of what the students have been taught that day.

**Inset Days** - offering CPD in either Mental health Awareness, Resilience and Wellbeing or in Accelerated Learning Techniques. A combination of both can also be provided.



## THE CIRCUS OF LIFE INSET DAY

Stress, mental health awareness and resilience building for staff Stress is the number one cause of teenage illness and also the first step on the road to mental health issues.

In schools and colleges, teaching and support staff are the first line of defence against this growing crisis, but are also at risk themselves.

This workshop examines precisely what stress is, how it can lead to both physical and mental health issues, what those issues are, how to spot the signs in students and in yourself and, critically, how to build resilience in the school/college environment at all levels.

The workshop is run on two levels: the staff learn how to help themselves AND they work out how the principles learned can be built into the school and classroom environment thus supporting the students. Mental Health and Resilience twilight sessions are also available.



## TURBO CHARGED TEACHING TECHNIQUES

Teachers work hard all year round to get the very best out of their students. This is a given. But, at the end of the day, students (and schools) are judged on results. Rightly or wrongly, these results depend on a child's performance and recall skills in the exam.

So what if there were ways to significantly boost retention and recall whilst improving important higher-order thinking skills and raising confidence (not to mention improving study and revision skills)?

This is where we come in...

This one-day teacher inset training day focusses on a wide range of accelerated learning techniques allowing teachers to explore different approaches to teaching and learning. It's a fun, interactive day that allows what works best for their subject and their own personal style.

It also addresses the issue of 'how to revise' looking at strategies to minimise effort and stress whilst maximising results.

The workshop is thought-provoking, motivating and inspiring and is suitable for teachers and support staff of all year groups

## TEACHER TWILIGHTS

A 1 hour teachers-only session is available, if required, at the end of the day following each of our student workshops.

These sessions will ensure that teachers know what the students have been taught earlier that day, and provide a firm foundation from which to take the learnings forward.

They are always well received by staff who appreciate the fresh ideas and genuine benefits that our courses offer.

Available twilight sessions are:

- **The Circus of Life**
- **Motivated Me**
- **Stress-Free Study Skills**
- **Prepare to Pass**
- **Smash it in Sixth Form!**
- **Mind Mapping**
- **Accelerate**
- **Springboard to Success**



## For Parents...

The importance of the parents' role in helping to apply the learnings from our workshops cannot be underestimated. We are therefore able to offer our unique Parent Portal as well as additional evening events that follow on from the day's workshops or courses.

### PARENT'S EVENTS

These are bespoke 1-hour events that are designed to deliver the most parent-relevant and useful content from each of our courses. Delivered in an engaging and upbeat session, parents leave with an important understanding of how they can help in achieving the maximum benefits for their children.

Parents are actively encouraged to contribute in the interactive content, and to ask specific questions in the open Q&A session that closes the event. Feedback from parents' events is always excellent, and we are happy to advise on how to encourage attendance and parental follow-up.

If more than one course has been delivered on the day, a combined parents session can also be arranged.

### OUR UNIQUE PARENT PORTAL

Our Parent Information Portal is unique in the education marketplace.

As parents ourselves, we know that kids very often don't talk much about their day, so we want to give parents full insight into what was covered and, more importantly, show them what they can do to support and encourage the continued use of the tools and techniques taught.

**Access to the portal is free and granted to all parents following live delivery of one of our workshops.**



### FEEDBACK

*"We had year 11 parents evening last night and lots of the girls said that they had found your session really useful and many had talked to their parents about it.*

*I asked them what in particular they liked and the majority said the fact that the session covered the whole exam preparation process, not just revision techniques."*

## The Circus of Life Book

Written by Rachel Munns, 'The Circus of Life' is an easy to read, practical guide to understanding teenage stress, and how to build resilience, self confidence and happiness.

Using the unique Big Top Model, the reader is guided through their own personal 'SWOT' analysis, resulting in a full appreciation of what is good, what needs improvement and how they can best move forward to bigger and better things.

### READER'S COMMENTS

*"This is a book that is a route map for life, a sparkling self-help manual for today's teenagers, many of whom find themselves struggling to navigate the choppy and sometimes hostile waters of 21st Century adolescence.*

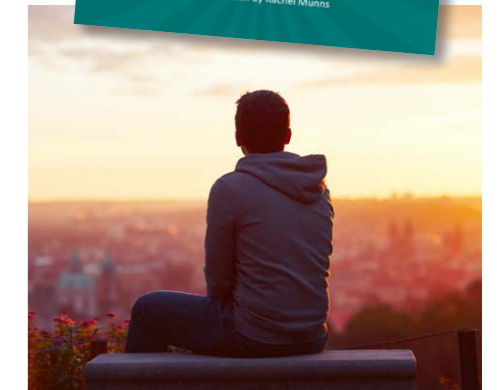
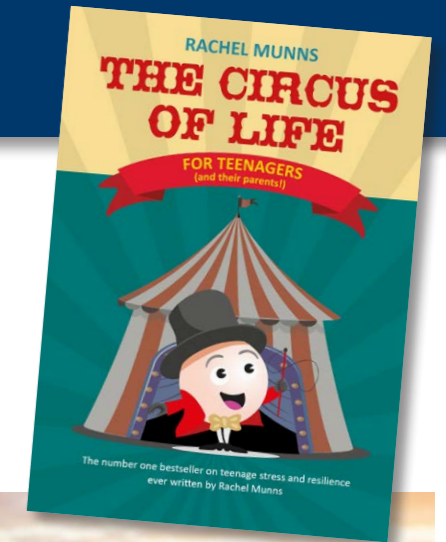
*What makes The Circus of Life so unique and so welcome is Rachel's characteristic emphasis on practical strategies for young people to manage their own mental health and to understand how their minds work, and what to do when they malfunction. Her writing truly empowers the reader and encourages them to 'Be [their] own life coach."*

*"What an inspirational read!! I couldn't put it down from start to finish!!"*

*"An easy to use self-help guide that has given me so many day to day activities to support and improve my wellbeing. Brilliant suggestions to support people in our ever changing, fast-paced modern world."*

*"As a mum to a teenager facing life at secondary school it has given me and him motivation and enthusiasm to run our own 'circus' with an amazing 'big top'!!"*

*"For me as a clinician I can see that this would be a great read to recommend in the wait between assessment and start of intervention as understandably that can feel so hard and uncontained and, as a parent myself, a time when you can feel so helpless."*



### HOW TO ORDER

The Circus of Life book is available directly from Resilient Me at our website, through all major booksellers.

For your copy, priced at £14.95 including UK delivery, please visit:

<https://www.resilientme.co.uk/the-circus-of-life-book>



# A bit about us...

The story of Resilient Me began 20 years ago when its Principal and Founder, Rachel Munns, experienced three close members of her family suffering extremely tough times for stress-related mental health-related reasons.

Thankfully, they are now well and thriving, but were the reasons that Resilient Me came into being. Rachel asked a couple of simple questions. What could she do to raise awareness of, overcome the stigma, and then build resilience to mental health issues?

Rachel was already an experienced presenter and educational trainer, so after thorough research used her professional and lived experience to create 'The Circus of Life'.

This workshop, and the results it began to achieve, became the foundation upon which Resilient Me was built. It is now firmly established as the first of a three-stage process which includes MHA, Resilience, PMA (Positive Mental Attitude) and Study Skills training.

Life-changing outcomes are now being achieved by education staff, students and individuals alike across the UK and beyond. So both the back story and the mission statement for Resilient Me are summed up in three words – Strength Through Understanding.



**resilientme**

STRENGTH THROUGH UNDERSTANDING

To find out more just call us on 01778 349613, visit our website at [resilientme.co.uk](http://resilientme.co.uk), or email us at [info@resilientme.co.uk](mailto:info@resilientme.co.uk)

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