

# Information for Uni Connect Partnerships

**An introduction to  
the workshops and  
courses available for  
Years 7-13**



**resilientme**

STRENGTH THROUGH UNDERSTANDING





# Strength through understanding

## INTRODUCING RESILIENT ME

**Resilient Me is an award-winning training company. For over ten years, we have been changing the attitudes and mindsets of schoolchildren and college students across the nation for the better.**

Through our engaging and thought-provoking workshops, countless young people have learned the techniques and gained the knowledge to make them less stressed, more confident and better able to cope with examination and social pressures.

Consistently excellent feedback from a variety of age groups is testimony to the dynamic delivery and effectiveness of these workshops.

# Our work with Uni Connect

We have been working with a number of Uni-Connect Partnerships across the country in a variety of ways to support their requirements; from workshops for large cohorts to more targeted work with smaller groups.

We pride ourselves on being flexible to your needs whilst always keeping the wellbeing of the students at the core of all we do.



*“At Aspire Higher, we have worked with Rachel and her team at Resilient Me across the 2021-22, 2022-23 and 2023-24 academic years.*

*Their workshops are engaging, informative and understand secondary students’ needs deeply in terms of mental wellbeing, support through resilience, motivation and study skills.*

*I’ve sat in on a variety of sessions from Prepare to Pass to Circus of Life and as an educator with a background in psychology, found the content spot on in terms of concepts, context, explanation and application. The Resilient Me team understand that they are asking students to engage for an extended period and keep students’ attention by breaking up the workshop with small but challenging activities that raise smiles and laughter as students attempt them.*

*The presenters share their personal stories which makes them authentic and accessible to the audience. In other words, they have got the approach exactly right. We have brought Resilient Me into a variety of secondary schools we work with and the response has been enthusiastic and positive every time from students and staff in each school”.*

**Dr Deborah Patton, Aspire Higher Schools Coordinator**



# How It Works

## Resilient Me - A Whole Package for Success

Historically, Resilient Me has offered a large range of workshops usually delivered as a one-time intervention. However, we believe that without on-going support, this does not give all students the greatest chance of success.

To this end, we now offer a whole package of interventions that provide a 360 degree support system for students.

1. Face-to-face workshop(s) for up to 150 students at a time - or for smaller, targeted groups of your choice.
2. Every\* workshop is backed up with free access to our online system for students, staff and parents . Here you will find an online version of each workshop broken down into bite-size modules - each with a recap test. Perfect for embedding knowledge and providing ongoing support.
3. Our brand new Parent Portal gives parents access to information about the workshops their child has attended along with top tips for how they can provide support at home.

*\*Creative & Brilliant Me is not available online as this medium would not support this workshop.*

## Our face-to face workshops for Years 7 – 13

Our pricing is based on 4 hours of delivery in any one day. This can comprise:

**2 x 2 hour workshops** (up to 150 students in each workshop – 300 per day)

**3 x 80-minute workshops** (up to 150 students in each workshop – 450 per day)

**4 x 60-minute workshops** (up to 100 students in each workshop – 400 per day).

Our workshops each fall into one of two categories: Skills Development or Personal Development (included within this information pack is a summary of each of our workshops).

Both are relevant to 'Attainment' and 'Aspiration' as it is our firm belief that a student achieves the highest attainment levels when they are resilient, motivated and equipped with the right skills.

If you are looking for more targeted workshops spread over a longer period for smaller groups (say SEND, refugees etc.) then please just talk to us.

Equally, if you would like a workshop to be an all day event, please just talk to us.

# Our Workshops

Year Group	Skills Development	Personal Development
7	Creative & Brilliant Me Accelerate Mind Mapping	Circus of Life Accelerate
8	Accelerate Mind Mapping	Circus of Life Accelerate
9	Accelerate Mind-Mapping Stress Free Study Skills	Circus of Life Motivated Me Accelerate
10	Stress Free Study Skills Prepare to Pass	Circus of Life Motivated Me
11	Prepare to Pass Stress Free Study Skills	Circus of Life Motivated Me
12	Smash It in 6th Form Springboard to Success	Circus of Life Motivated Me
13	Springboard to Success Smash It in 6th Form Prepare to Pass (2022-23 only)	Circus of Life Motivated Me



# Resilient Me Online

Face-to-face workshops are definitely the highest impact way of reaching the students. However, schools often find it difficult to staff these and teachers end up changing half way through a session to fit with the timetable. As a consequence, students often do not have anyone they can look to for support after the event.

Because of this, we have created an online platform designed to back-up our face-to-face workshops. This platform can be accessed by students, teachers and parents providing holistic ongoing support and embedding of knowledge.

## Parent Portal

Once students go to high school, parents are often unsure of how best to support their child.

Exclusive to Resilient Me, our brand new Parent Portal ensures that parents get a good understanding of what we have shared with the students, along with top tips on how they can provide ongoing support at home.

## Feedback

After every event, we send out two feedback forms – one for the staff and one for the students. If you would like access to this feedback then we can forward it on to you at any time.



# Workshop Summaries

The following pages contain a summary of each of our workshops.

For the full factsheets please visit  
[www.resilientme.co.uk/forschools](http://www.resilientme.co.uk/forschools)

Where appropriate, the workshops support the Ofsted Education Inspection Framework (3 I's, Behaviours and Attitude, Personal Development), Gatsby Benchmarks (largely 3,4 & 5) and VESPA.



## The Circus of Life

Our flagship workshop, 'The Circus of Life', has introduced thousands of students to a whole new way of thinking about their own and other's mental health, their personal wellbeing and ongoing self development.

This workshop is designed to help teenagers become resilient to life's stressors showing them how to spot and deal with the danger areas in their own lives whilst looking forward in a positive and inspiring way.

- 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 combatting stress illness
- Students begin to develop a growth mindset

## Creative & Brilliant Me

And we have lift off! 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 – students and teachers alike will be amazed at their own abilities!

- **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

**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!

Students will:

- **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**



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# Workshop Summaries

## (continued)

### Motivated Me

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.**

It’s a fantastic, dynamic workshop inspired by some of the world’s leading motivational speakers and helps students of all ages to find their own reasons to work hard and willingly put in the effort they need to succeed!

**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**

### Mind Mapping

In the world of study skills, Mind-Mapping is a giant super-tool. It is incredibly flexible and can be used in almost every learning situation including revision, note-taking, planning, brainstorming and prioritising

Add to that – it’s fun! No wonder then that students find it super-effective for boosting retention, recall, creativity, planning and confidence-building!

This workshop is a high-impact experience that is at the core of ongoing accelerated learning and development.

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

- **Construct mind-maps for revision and planning**
- **Boost understanding and recall**
- **Understand how to use keywording effectively**
- **Be better able to organise their thoughts**
- **Develop robust planning skills**
- **Create fast and effective notes**
- **Use their imagination and creativity to make learning more engaging, more effective and more fun!**



## Stress-Free Study Skills

**Stress Free Study Skills 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.

The workshop significantly boosts self-confidence, raises aspirations and is an essential element in ongoing accelerated learning and development.

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

- **Take control of their learning**
- **Use a wide range of study tools & techniques**
- **Understand how their brain works and the benefits of positive thinking**
- **Implement a regular review schedule**
- **Use the 'Summary Poster' note-taking technique**
- **Adopt a positive approach to learning and revising**
- **Manage stress levels by adopting a 'little and often' approach**
- **Understand multi-sensory learning**

## Prepare to Pass

**'Prepare to Pass' is the perfect preparation for mock, GCSE, BTEC, T Level and A level exams.**

It looks at the key areas of self-belief, organisation, reviewing and stress management. Students look at self-belief and examine their own reasons for wanting exam success. This is backed by a comprehensive set of revision techniques and a rigorous look at how to maximise the impact of every revision session. The workshop ends by building confidence through a range of stress-management techniques.

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

- **Identify their motivation for wanting to do well in the exams**
- **Identify their revision strengths and weaknesses**
- **Use a range of world-class revision techniques**
- **Organise their revision environment and timetable**
- **Understand the importance of a good study / life balance**
- **Implement regular review practice to maximise recall during exams**
- **Use a range of stress management techniques**

# Workshop Summaries

(continued)



## Smash It in Post-16!

Moving into Post-16 education is an important milestone in a young person's life - transitioning from childhood to adulthood and taking control of their own direction

This is an highly interactive workshop that introduces students to the core skills needed to cope with the increased demands of KS5, whilst building their resilience, motivation and life skills. It looks at time management, problem solving and independent research, and is full of practical advice, tools and techniques. The whole package for success in Post-16!

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

- Identify their motivation for wanting to do well in Post-16
- Develop an open, questioning mind
- Develop analytical thinking and problem solving skills
- Understand the importance of, and develop the skills for, independent research
- Plan their route to success
- Understand and utilise good study habits and time management
- Use a range of stress and anxiety management techniques



## Springboard to Success

Post-16 education is the bridge between childhood and adulthood. A land of opportunity where young people take important steps towards their future.

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.

‘Springboard to Success’ builds a student’s self-confidence, aspiration and motivation.

- **Students will leave this workshop understanding their strengths, how to use them and how to communicate them with universities and employers**
- **They will develop ‘laser habits’ to maximise their success in Post-16 (and beyond)**
- **Students will learn to look beyond qualifications at the key qualities required to succeed in life**
- **Students will look at life skills required for success as a young adult including managing wellbeing and understanding practical topics such as managing money techniques**

## The Story of Resilient Me



**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 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 alongside our accelerated learning programmes that are producing life-changing outcomes for education staff, students and individuals alike across the UK and beyond.

Both the back story and the mission statement for Resilient Me are summed up in three words:

**Strength Through Understanding.**



## How to contact us

For more information or an informal chat  
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