

# Resilient Me School Feedback Summary May 2024

## Introduction

In May 2024, Resilient Me was awarded a contract to work in a number of schools across the North East of England. It was a wonderful opportunity and experience for all our presenters, who unanimously agreed that these schools and colleges were a joy to work in!

We ran a number of different workshops over a four-month period from December 2023 to March 2024 working with 25 schools – some of which we visited twice (30 touchpoints in total). Initially we were working with Years 11, 12 & 13, but this was later extended to include Years 9 & 10.

The aim of the workshops was to build resilience and wellbeing whilst equipping the students with important skills for success in education.

## How did it work?

Schools and colleges were given the opportunity to book one or more workshops from the Resilient Me menu on offer (*See Appendix 1*). Each workshop was available in one of three durations – 60 mins, 80 mins or 120 mins and they selected the content/duration/year group(s) that best fitted their needs.

Initially, it was our goal to serve as many schools and colleges as possible, so we were only allowing each establishment to book either a morning session or an afternoon one. This was to allow 2 schools/colleges to be covered in one day. This proved extremely difficult to administer so, towards the latter half of the contract establishments were allowed to book a whole day if they wanted it.

The table overleaf shows the mix of sessions that were booked.



Workshop	Year 9	Year 10	Year 11	Year 12	Year 13	Years 12 & 13 combined
<b>Prepare to Pass</b> 120 Mins		1	1		1	
<b>Prepare to Pass</b> 80 Mins			3			
<b>Prepare to Pass</b> 60 Mins			6			1
<b>Motivated Me</b> 120 Mins				1	1	
<b>Motivated Me</b> 80 Mins	3					
<b>Motivated Me</b> 60 Mins	4	6	4	1	1	
<b>The Circus of Life</b> 120 Mins	2	1				
<b>The Circus of Life</b> 80 Mins						
<b>The Circus of Life</b> 60 Mins	5	2	2	1		
<b>Stress-Free Study Skills</b> 120 Mins		1	1			
<b>Stress-Free Study Skills</b> 80 Mins		2				
<b>Stress-Free Study Skills</b> 60 Mins		2	2			
<b>Smash It in 6th Form!</b> 120 Mins						
<b>Smash It in 6th Form!</b> 80 Mins				1		1
<b>Smash It in 6th Form!</b> 60 Mins				1	2	

From the table we can see that there was a very good mix of the different workshops, durations and year groups booked.

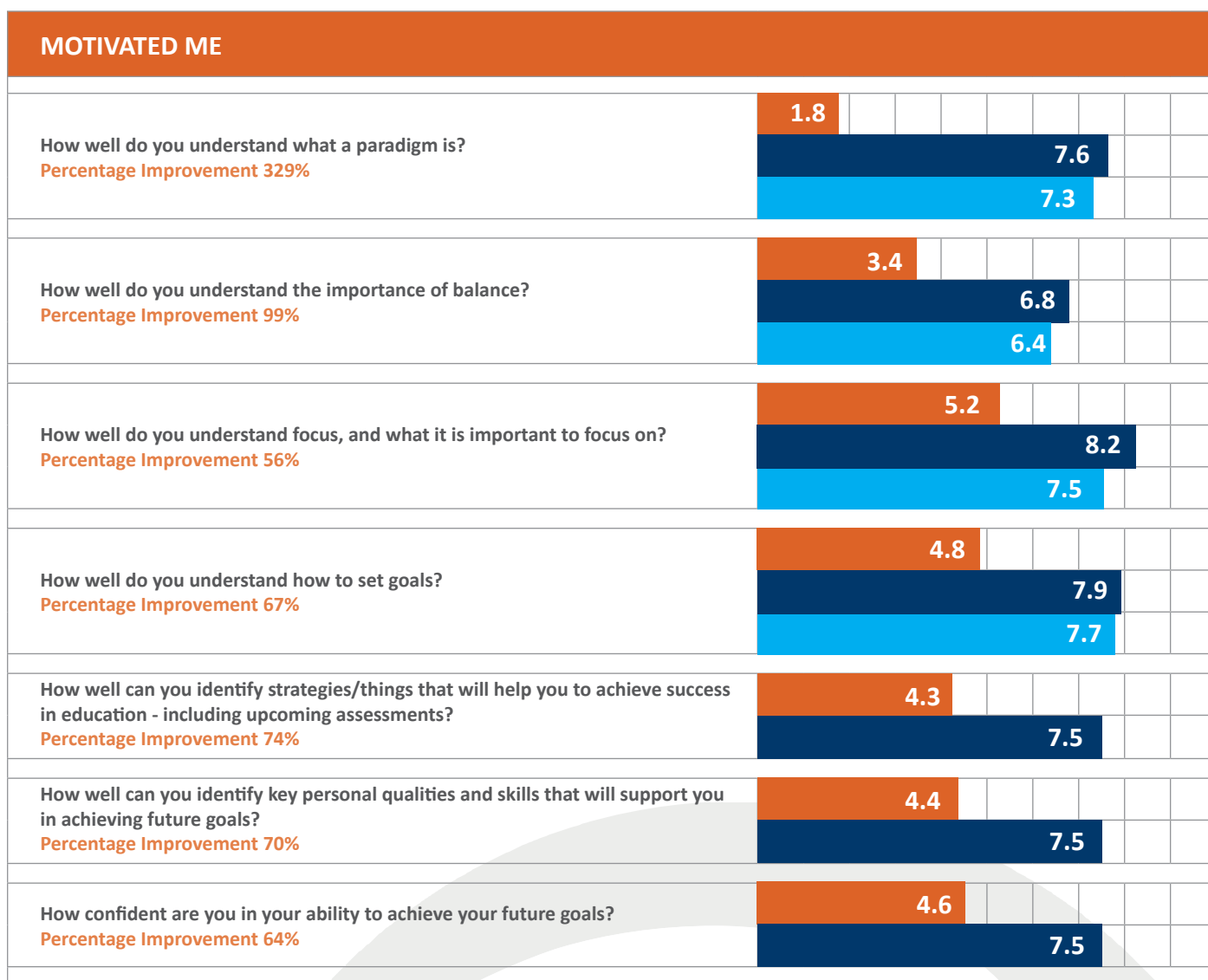
## The Feedback

During each session, students were given a feedback form to complete. Samples of these forms can be found in Appendix 2.

For each question, students were asked to give themselves a score out of ten for their level of knowledge/understanding before and after the workshop. For some questions, they were also asked how useful the content was to them.

A number of the questions were aligned to attainment and transition learning objectives of the Regional Progression Framework.

Following are a series of graphs representing the percentage increase in knowledge/understanding.



## Observations

The Motivated Me workshop was the most popular one with 21 groups attending across all year groups.

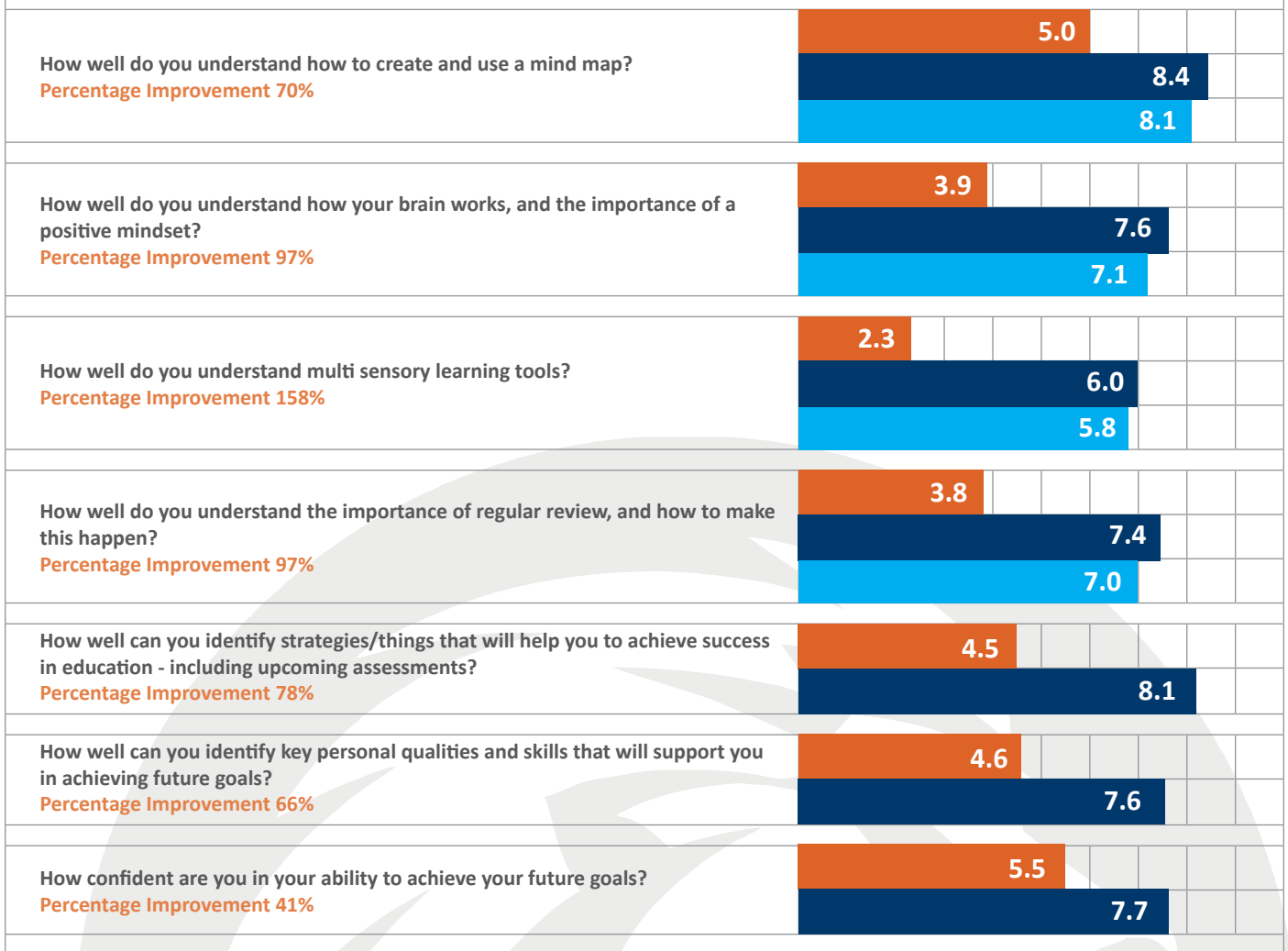
The percentage improvement on understanding our paradigm was very significant; this helps students to realise that there is more than one way to see things which can be extremely helpful when they are struggling.

The scores for 'usefulness' on each of the sections covered were consistently very high.

Before the Workshop
After the Workshop
Usefulness



## STRESS FREE STUDY SKILL



Before the Workshop

After the Workshop

Usefulness

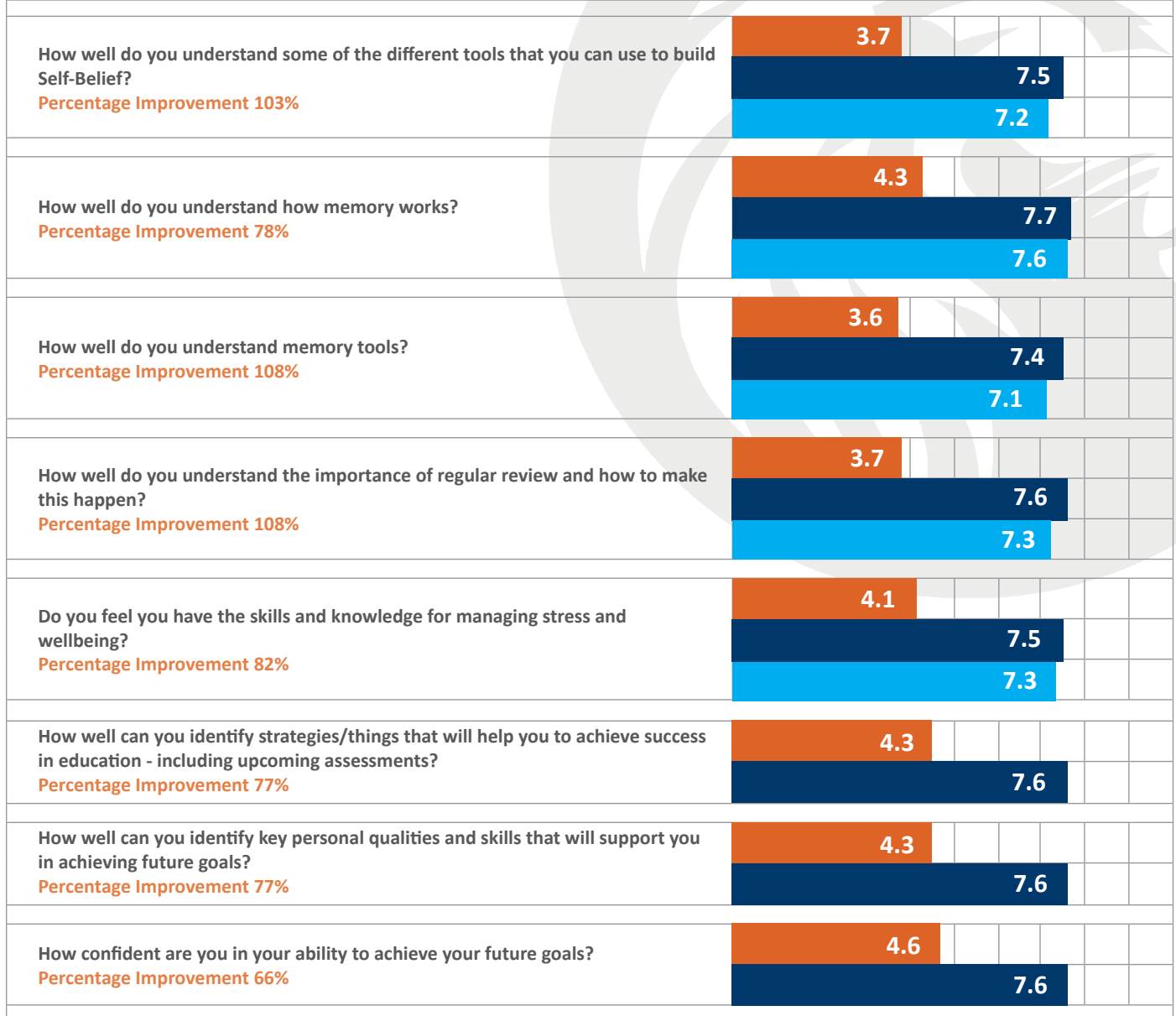
## Observations

This workshop is designed for a Year 10 audience although, there is no doubt that Year 11 students will benefit just as much (if they haven't already seen it in Year 10). It was the second lowest selected workshop but I think this is because it was not made available until the contract was opened up to Years 9 & 10.

The feedback shows overwhelmingly that students were not confident with either their study skills or their mindset before the workshop but these figures increased pretty dramatically by the end. Once again, it is encouraging to see that students marked usefulness consistently high.



## PREPARE TO PASS



Before the Workshop

After the Workshop

Usefulness

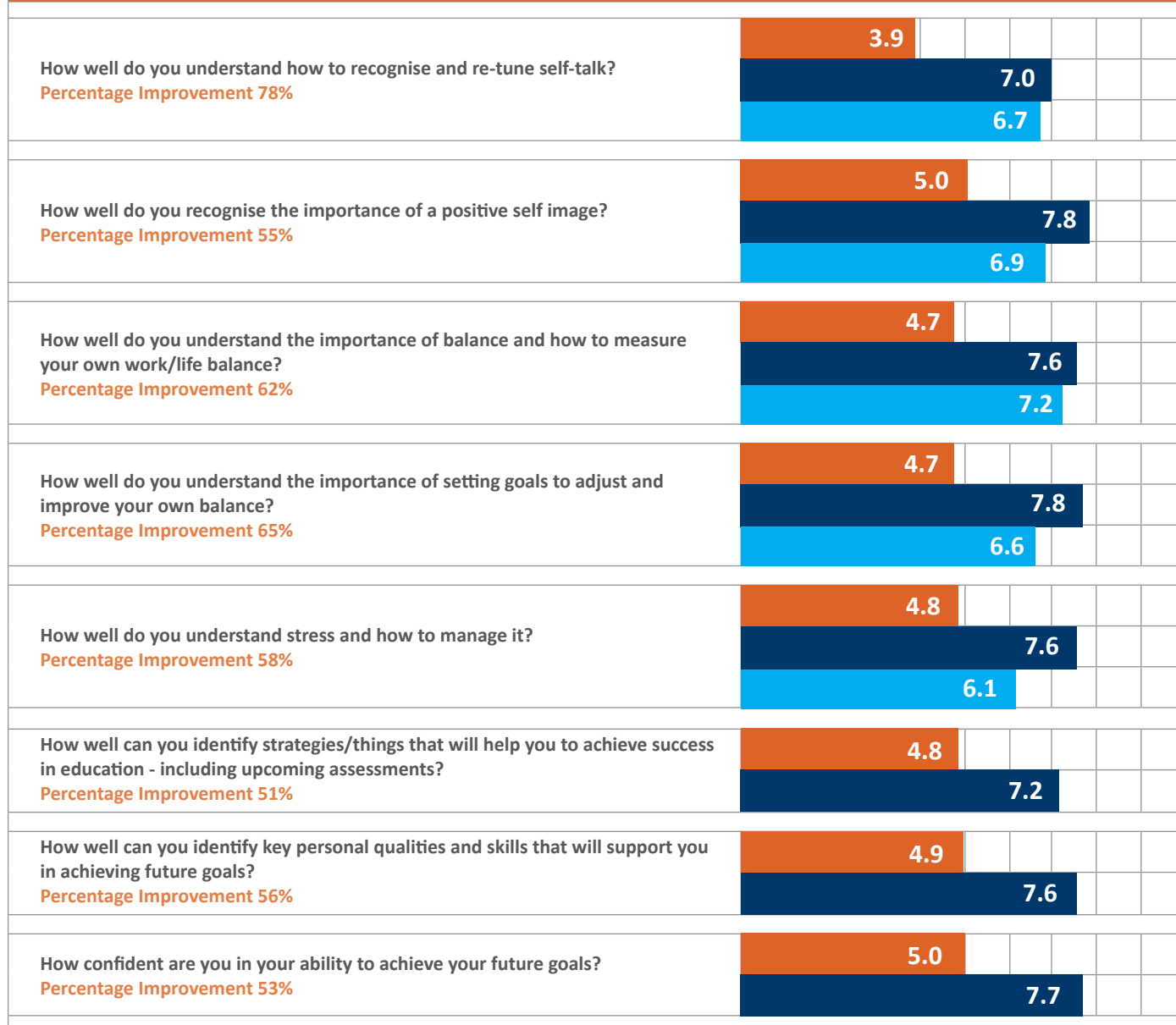
## Observations

This is our flagship exam preparation workshop but, critically, it also includes sections on building self-belief and managing stress. It is an excellent hybrid workshop for year 11 students in particular.

As this contract was primarily funded to build resilience and wellbeing, it is encouraging to see such huge percentage improvement in both of these areas and, once again, consistently high scores for usefulness across the board.



## THE CIRCUS OF LIFE



## Observations

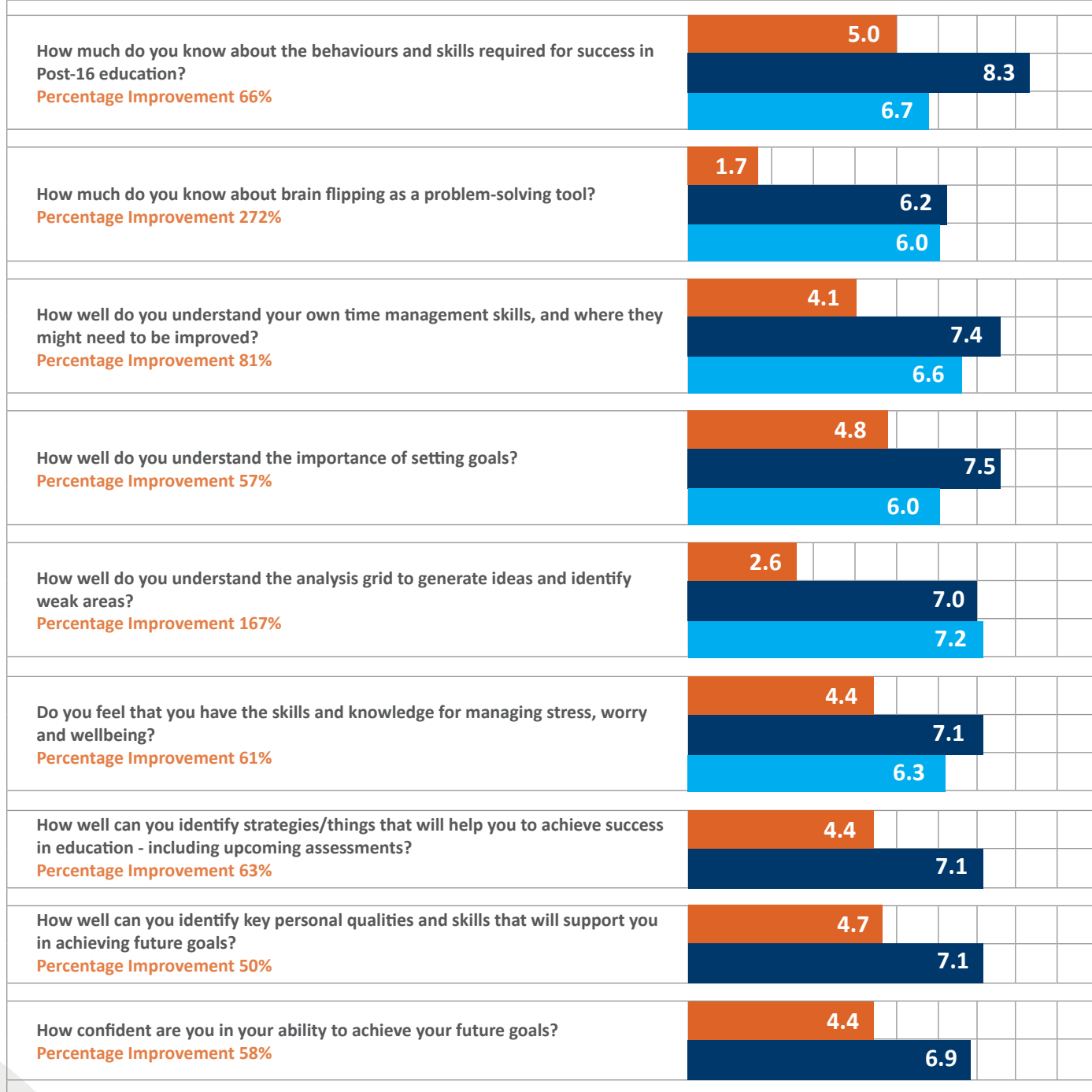
The Circus of Life workshop looks at Resilience and Wellbeing.

It is encouraging to see that, at a time when teenage mental health issues have grown significantly, the levels of understanding rose by an average of 64% and the students felt that the usefulness of every section in this workshop was consistently very high.



Before the Workshop
After the Workshop
Usefulness

## SMASH IT IN 6TH FORM



## Observations

This was the least selected workshop with only 5 groups attending. This may simply be because there are fewer 6th forms/colleges. It may also reflect the timing as this workshop always excels either at the end of year 11 or right at the start of year 12.

Nevertheless, the students agreed unanimously that the content was extremely useful.



## Staff Feedback

Staff were sent an online feedback form to complete following their event(s). The form was much simpler, asking about ease of booking, skill of the presenter etc. Staff were also given the opportunity to leave a comment if they wanted to. Feedback was, without exception, positive and here are a few of the comments received...

*"Excellent presentation, Ken really understood the audience in front of him and the students were engaged"*

North Durham

*"Thank you for providing the sessions our students were very positive after the event and have said that it has really helped them get prepared for their exams. Thank you for an amazing event!"* Laurence Jackson

*"Ben was a really great speaker and gave an engaging presentation. The boys got a lot from this session and were talking about even the day after"* St Cuthbert's

*"Rachel was great-really engaged the students and had such a rapport with them right from the start and used the workshop to encourage students to revise and showed the techniques that they can use. Very well thought through program tailored to the right age group."* Hermitage

*"Thank you Andy! Friday went extremely well. The feedback from staff and students has been amazing."* Castle View

Rachel Munns, Managing Director





### Overview

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 including Tony Robbins and Nick Vujicic. It helps students of all ages to find their own reasons to work hard and willingly put in the effort they need to succeed!

#### This workshop supports:

Ofsted Education Inspection Framework

• 3I's • Behaviours and Attitude • Personal Development

Gatsby Benchmarks 3 & 5

### Delivery Options

#### FACE TO FACE or VIRTUAL

Year groups: 9 - 13

Duration: 2 x 2hrs, 3 x 80 minutes or 4 x 1 hr

Audience: Up to 150 students per workshop

#### ONLINE COMING SOON

Year groups: 9 - 13

Duration: 9 Modules of approx 15 minutes each with recap tests

Audience: nominated student group(s) plus FREE access for teachers and parents

### 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 mindset and encourage personal resilience

### Learning Outcomes

- 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

***"Life determines who you are in the beginning;  
you determine who you are in the end"*** Rachel Munns

Our workshops are fast, fun and interactive. If you believe that mindset and preparation are the key to success then call us now on 01778 349613, email us at [info@resilientme.co.uk](mailto:info@resilientme.co.uk) or simply click on the link below...

[www.resilientme.co.uk](http://www.resilientme.co.uk)



**resilientme**  
STRENGTH THROUGH UNDERSTANDING



### RESILIENT ME FACTSHEET

## Stress Free Study Skills Workshop

### Overview

*Building confidence, boosting results!*

**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 is also a high-impact experience that significantly boosts self-confidence and raises aspirations, and is an essential element in ongoing accelerated learning and development.

### Delivery Options

#### FACE TO FACE or VIRTUAL

Year groups: 9 - 11

Duration: 2 x 2hrs, 3 x 80 minutes or 4 x 1 hr

Audience: Up to 150 students per workshop

#### ONLINE COMING SOON

Year groups: 9 - 11

Duration: 8 Modules of approx 15 minutes each with recap tests

Audience: nominated student group(s) plus FREE access for teachers and parents

#### This workshop supports:

**Ofsted Education Inspection Framework**

- 3I's • Behaviours and Attitude
- Personal Development

### Key Topics

- How the brain works
- The benefits of positive thinking
- Mind-mapping
- The Story Technique (vhf & picture)
- Multi-sensory Learning
- The Memory Stack
- Regular Review Schedule
- Summary Poster

### Learning Outcomes

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

*"We are what we repeatedly do. Excellence then is not an act, but a habit" Aristotle*

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STRENGTH THROUGH UNDERSTANDING



### Overview

In the words of Benjamin Franklin: “Failing to prepare is preparing to fail”. Worry not though! ‘Prepare to Pass’ is the perfect preparation for mock, GCSE, BTEC and A level exams.

It 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. This workshop represents an essential component in any student’s accelerated learning and development.

### Delivery Options

#### FACE TO FACE

Year groups: 10 - 13

Duration: 2 x 2hrs, 3 x 80 minutes or 4 x 1 hr

Audience: Up to 150 students per workshop

#### ONLINE

Year groups: 10 - 13

Duration: 11 Modules of approx 15 minutes each with recap tests

Audience: nominated student group(s) plus FREE access for teachers and parents

#### This workshop supports:

Ofsted Education Inspection Framework

- 3I’s • Behaviours and Attitude • Personal Development
- Gatsby Benchmarks 3 & 5

### Key Topics

- Building self-belief
- Learning a range of revision tools and techniques
- Organisation of self, environment and workload
- The ‘little and often’ approach
- Building confidence through stress management techniques

### Learning Outcomes

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

***“Failing to prepare is preparing to fail”*** Benjamin Franklin

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### RESILIENT ME FACTSHEET

## The Circus of Life Workshop - KS4 & 5

### Overview

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.

The concept is a simple one. Based on the skills a circus performer might learn including juggling multiple things, finding sustainable balance and taking calculated risks, The Circus of Life workshop is a 10 year-old success story that has genuinely improved student lives and dramatically increased personal performance. It has also helped to make happier, more resilient students who are better equipped to cope with social pressures and change.

Stress is the number one cause of illness for today's young people. They are living in an increasingly fast-paced environment preparing themselves for jobs – many of which don't yet exist - and with every aspect of their progress being scrutinised relentlessly. This workshop is designed to help teenagers become resilient to these pressures showing them how to spot and deal with the danger areas in their own lives whilst looking forward in a positive and inspiring way.

### Content

The workshop is split into three main areas: resilience, growth and wellbeing.

Each area contains exercises and information designed to encourage personal development and progress thus leading to reduced stress levels and increased resilience.

To be effective learners both our body and our mind have to be fit and healthy so this workshop takes an holistic approach addressing body, mind and spirit.

### Benefits

- Students address their use of internal language leading to resilient thought processes.
- Students examine the balance in their lives, identify the weak area(s) and commit to themselves to making positive changes.
- Students gain a clear understanding of what stress is and are shown how to take an holistic approach to reducing the stress in their lives.
- Students are encouraged to develop a growth mindset focusing on their desired outcomes.

### Delivery Options

#### FACE TO FACE or VIRTUAL

Year groups: 10 - 13

Duration: 2 x 2hrs, 3 x 80 minutes or 4 x 1 hr

Audience: Up to 150 students per workshop

#### ONLINE

Duration: 10 Modules of approx 15 minutes each with recap tests

Audience: nominated student group(s) plus FREE access for teachers and parents

#### This workshop supports:

Ofsted Education Inspection Framework

• 3I's • Behaviours and Attitude • Personal Development

Gatsby Benchmarks 3 & 5

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



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### RESILIENT ME FACTSHEET

## Smash It in Sixth Form! Workshop

### Overview

Moving up to 6th form is an important milestone in a young person's life - transitioning from childhood to adulthood and taking control of the direction their life will move in. It's a big moment and the 'Smash It in 6th Form!' workshop is the perfect way to launch this exciting new phase of life.

This is a 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.

Students are introduced to the more advanced skills needed for 6th form, such as time management and problem solving. The workshop also shows them how to engage in independent research, and is full of practical advice, tools and techniques.

Smash It in Sixth Form is ideal for students who are transitioning into year 12, but is equally powerful for building skills and boosting confidence at any stage throughout the 6th form journey.

A whole package for success in 6th form!

### Delivery Options

#### FACE TO FACE

Year groups: 11 - 13

Duration: 2 x 2hrs, 3 x 80 mins. or 4 x 1 hour

Audience: Up to 150 students per workshop

#### ONLINE COMING SOON

Year groups: 11 - 13

Duration: 11 Modules of approx 15 minutes each with recap tests

Audience: nominated student group(s) plus FREE access for teachers and parents

#### This workshop supports:

Ofsted Education Inspection Framework

• 3I's • Behaviours and Attitude • Personal Development

Gatsby Benchmarks 3 & 5

### Key Topics

- Top Ten skills for success in 6th Form
- Revision and research tools to support independent learning
- Organisational skills
- The importance of goals
- Problem solving and time management
- Managing Stress and Anxiety
- Top Tips for success

### Learning Outcomes

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

- Identify their motivation for wanting to do well in 6th form
- 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

*"All you ever have to be is the best version of you"* Rachel Munns

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STRENGTH THROUGH UNDERSTANDING





NAME

DATE

### Student Feedback Form **Motivated Me**

We'd like to know how helpful this workshop was to you.

On a scale of 1 to 10, please choose a number for how much you knew before and after the workshop (a score of 1 means you don't really understand the subject, and 10 means you really do understand it).

#### Question 1 How well do you understand what a paradigm is?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

#### Question 2 How well do you understand the importance of balance?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

#### Question 3 How well do you understand focus, and what it is important to focus on?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

#### Question 4 How well do you understand how to set goals?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

#### Question 5 How well can you identify strategies/things that will help you to achieve success in education - including upcoming assessments?

Before the Workshop ☐ After the Workshop ☐

#### Question 6 How well can you identify key personal qualities and skills that will support you in achieving future goals?

Before the Workshop ☐ After the Workshop ☐

#### Question 7 How confident are you in your ability to achieve your future goals?

Before the Workshop ☐ After the Workshop ☐



NAME

DATE

### Student Feedback Form Stress Free Study Skills

We'd like to know how helpful this workshop was to you.

On a scale of 1 to 10, please choose a number for how much you knew before and after the workshop (a score of 1 means you don't really understand the subject, and 10 means you really do understand it).

#### Question 1 How well do you understand how to create and use a mind map?

Before the Workshop

☐

After the Workshop

☐

Out of ten, how helpful was this section to you?

☐

#### Question 2 How well do you understand how your brain works, and the importance of a positive mindset?

Before the Workshop

☐

After the Workshop

☐

Out of ten, how helpful was this section to you?

☐

#### Question 3 How well do you understand multi sensory learning tools?

Before the Workshop

☐

After the Workshop

☐

Out of ten, how helpful was this section to you?

☐

#### Question 4 How well do you understand the importance of regular review, and how to make this happen?

Before the Workshop

☐

After the Workshop

☐

Out of ten, how helpful was this section to you?

☐

#### Question 5 How well can you identify strategies/things that will help you to achieve success in education - including upcoming assessments?

Before the Workshop

☐

After the Workshop

☐

#### Question 6 How well can you identify key personal qualities and skills that will support you in achieving future goals?

Before the Workshop

☐

After the Workshop

☐

#### Question 7 How confident are you in your ability to achieve your future goals?

Before the Workshop

☐

After the Workshop

☐



**resilientme**  
STRENGTH THROUGH UNDERSTANDING

NAME

DATE

### Student Feedback Form **Prepare to Pass**

We'd like to know how helpful this workshop was to you.

On a scale of 1 to 10, please choose a number for how much you knew before and after the workshop (a score of 1 means you don't really understand the subject, and 10 means you really do understand it).

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**Question 1** How well do you understand some of the different tools that you can use to build Self-Belief?

Before the  
Workshop

☐

After the  
Workshop

☐

Out of ten, how helpful was this section to you?

☐

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**Question 2** How well do you understand how memory works?

Before the  
Workshop

☐

After the  
Workshop

☐

Out of ten, how helpful was this section to you?

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**Question 3** How well do you understand memory tools?

Before the  
Workshop

☐

After the  
Workshop

☐

Out of ten, how helpful was this section to you?

☐

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**Question 4** How well do you understand the importance of regular review and how to make this happen?

Before the  
Workshop

☐

After the  
Workshop

☐

Out of ten, how helpful was this section to you?

☐

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**Question 5** Do you feel you have the skills and knowledge for managing stress and wellbeing?

Before the  
Workshop

☐

After the  
Workshop

☐

Out of ten, how helpful was this section to you?

☐

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**Question 6** How well can you identify strategies/things that will help you to achieve success in education - including upcoming assessments?

Before the  
Workshop

☐

After the  
Workshop

☐

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**Question 7** How well can you identify key personal qualities and skills that will support you in achieving future goals?

Before the  
Workshop

☐

After the  
Workshop

☐

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**Question 7** How confident are you in your ability to achieve your future goals?

Before the  
Workshop

☐

After the  
Workshop

☐



NAME

DATE

### Student Feedback Form The Circus of Life (How to be Happier)

We'd like to know how helpful this workshop was to you.

On a scale of 1 to 10, please choose a number for how much you knew before and after the workshop (a score of 1 means you don't really understand the subject, and 10 means you really do understand it).

#### Question 1 How well do you understand how to recognise and re-tune self-talk?

Before the Workshop

☐

After the Workshop

☐

Out of ten, how helpful was this section to you?

☐

#### Question 2 How well do you recognise the importance of a positive self image?

Before the Workshop

☐

After the Workshop

☐

Out of ten, how helpful was this section to you?

☐

#### Question 3 How well do you understand stress and how to manage it?

Before the Workshop

☐

After the Workshop

☐

Out of ten, how helpful was this section to you?

☐

#### Question 4 How well can you identify strategies/things that will help you to achieve success in education - including upcoming assessments?

Before the Workshop

☐

After the Workshop

☐

#### Question 5 How well can you identify key personal qualities and skills that will support you in achieving future goals?

Before the Workshop

☐

After the Workshop

☐

#### Question 6 How confident are you in your ability to achieve your future goals?

Before the Workshop

☐

After the Workshop

☐



NAME

DATE

### Student Feedback Form **Smash It!**

We'd like to know how helpful this workshop was to you.

On a scale of 1 to 10, please choose a number for how much you knew before and after the workshop (a score of 1 means you don't really understand the subject, and 10 means you really do understand it).

**Question 1** How much do you know about the behaviours and skills required for success in Post-16 education?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

**Question 2** How much do you know about brain flipping as a problem-solving tool?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

**Question 3** How well do you understand your own time management skills, and where they might need to be improved?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

**Question 4** How well do you understand the importance of setting goals?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

**Question 5** How well do you understand the analysis grid to generate ideas and identify weak areas?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

**Question 6** Do you feel that you have the skills and knowledge for managing stress, worry and wellbeing?

Before the Workshop ☐ After the Workshop ☐ Out of ten, how helpful was this section to you? ☐

**Question 5** How well can you identify strategies/things that will help myou to achieve success in education - including upcoming assessments?

Before the Workshop ☐ After the Workshop ☐

**Question 6** How well can you identify key personal qualities and skills that will support you in achieving future goals?

Before the Workshop ☐ After the Workshop ☐

**Question 7** How confident are you in your ability to achieve your future goals?

Before the Workshop ☐ After the Workshop ☐

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