



## RESILIENT ME FACTSHEET

# Motivated Me Workshop - Further Education

### 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: Post-16

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

Audience: Up to 150 students per workshop

**ONLINE COMING SOON**

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 mind set 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)



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STRENGTH THROUGH UNDERSTANDING