



## RESILIENT ME FACTSHEET

# Springboard to Success Workshop - Further Education

### Overview

Post-16 education 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.

A whole package for success in and beyond Post-16.

### Key Topics

- Communication and interview skills
- How do I stand out from the crowd?
- Laser habits - the 1% difference that makes the most difference!
- Ten things that require zero talent (that employers and universities value the most!)
- Beating procrastination and managing wellbeing
- Useful life-stuff that young adults need to know

### Delivery Options

#### FACE TO FACE

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

#### This workshop supports:

Ofsted Education Inspection Framework

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

### Benefits

- 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 education (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

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

