

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 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!

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

Course details

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- Years 9 – 13
- 2 hour duration
- Flexible timings
- Groups of up to 150
- Fully resourced
- Optional Teacher twilight
- Optional parents' evening

