

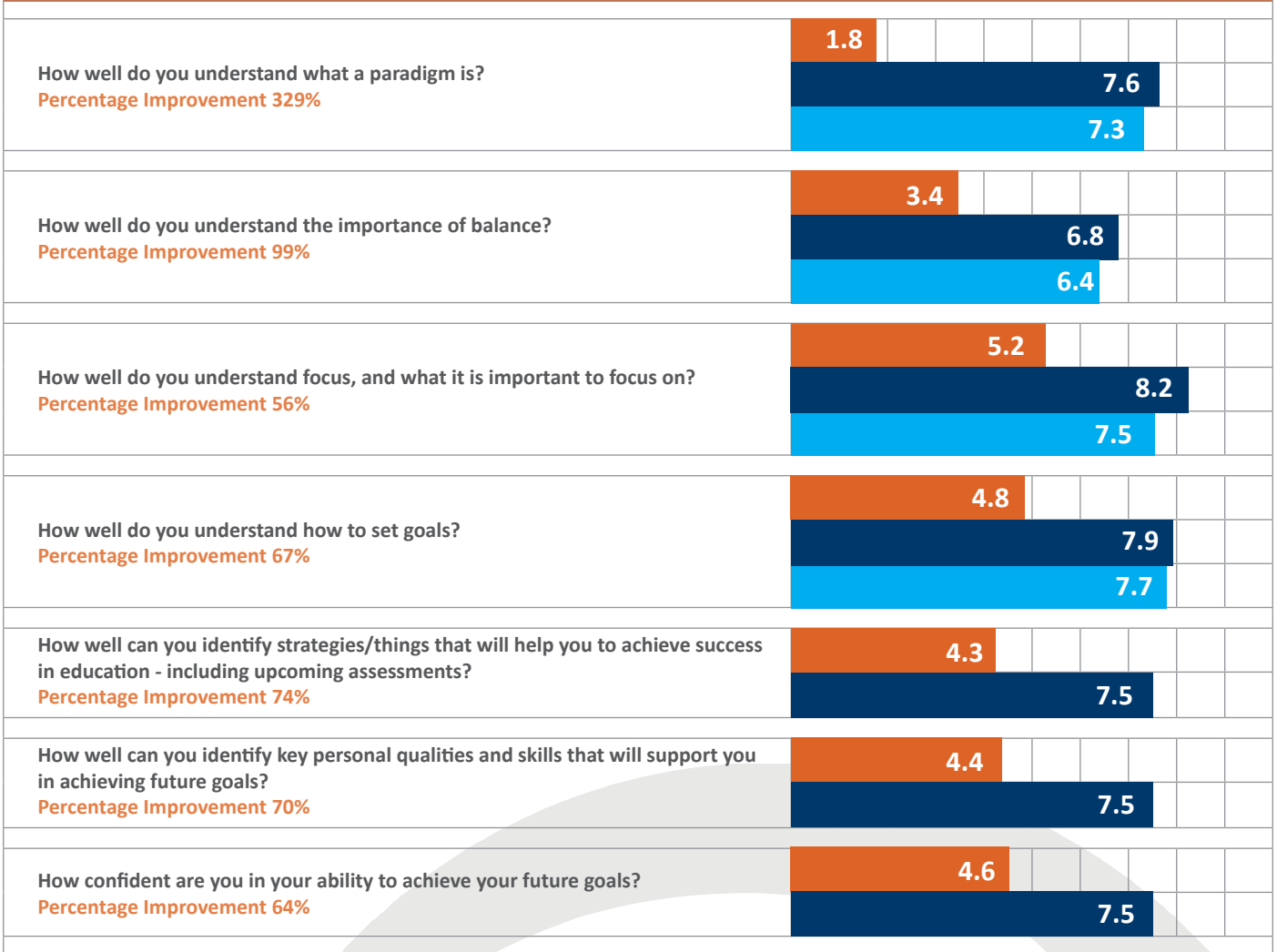
# Accelerated Learning, Motivation and Resilience Workshops Report

May 2024

A workshop-by-workshop analysis of content value and the pre and post-workshop impact.



## MOTIVATED ME



## Observations

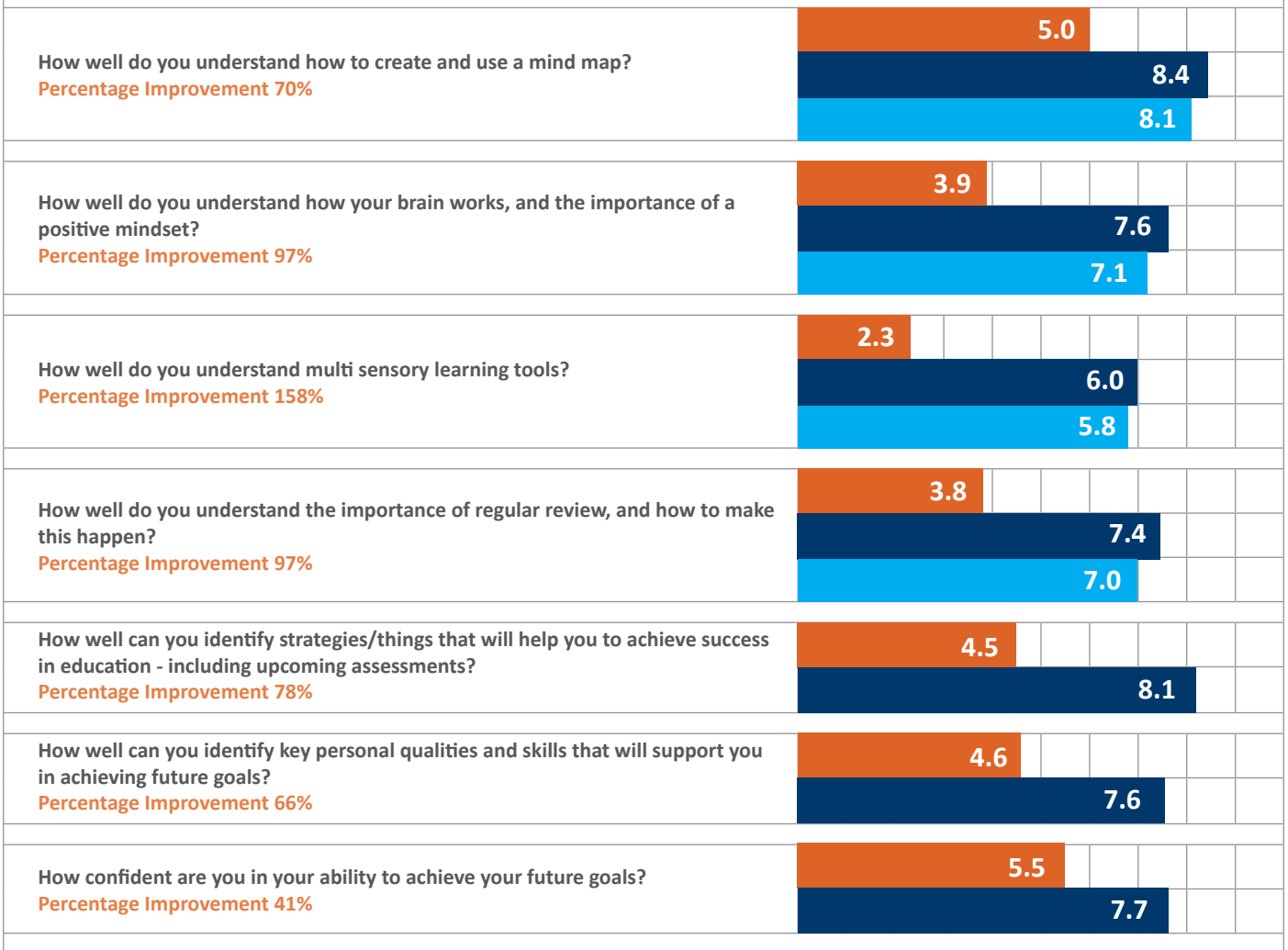
The Motivated Me workshop was one of the most popular with 21 groups attending across all year groups.

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.



## STRESS FREE STUDY SKILLS



Before the Workshop

After the Workshop

Usefulness

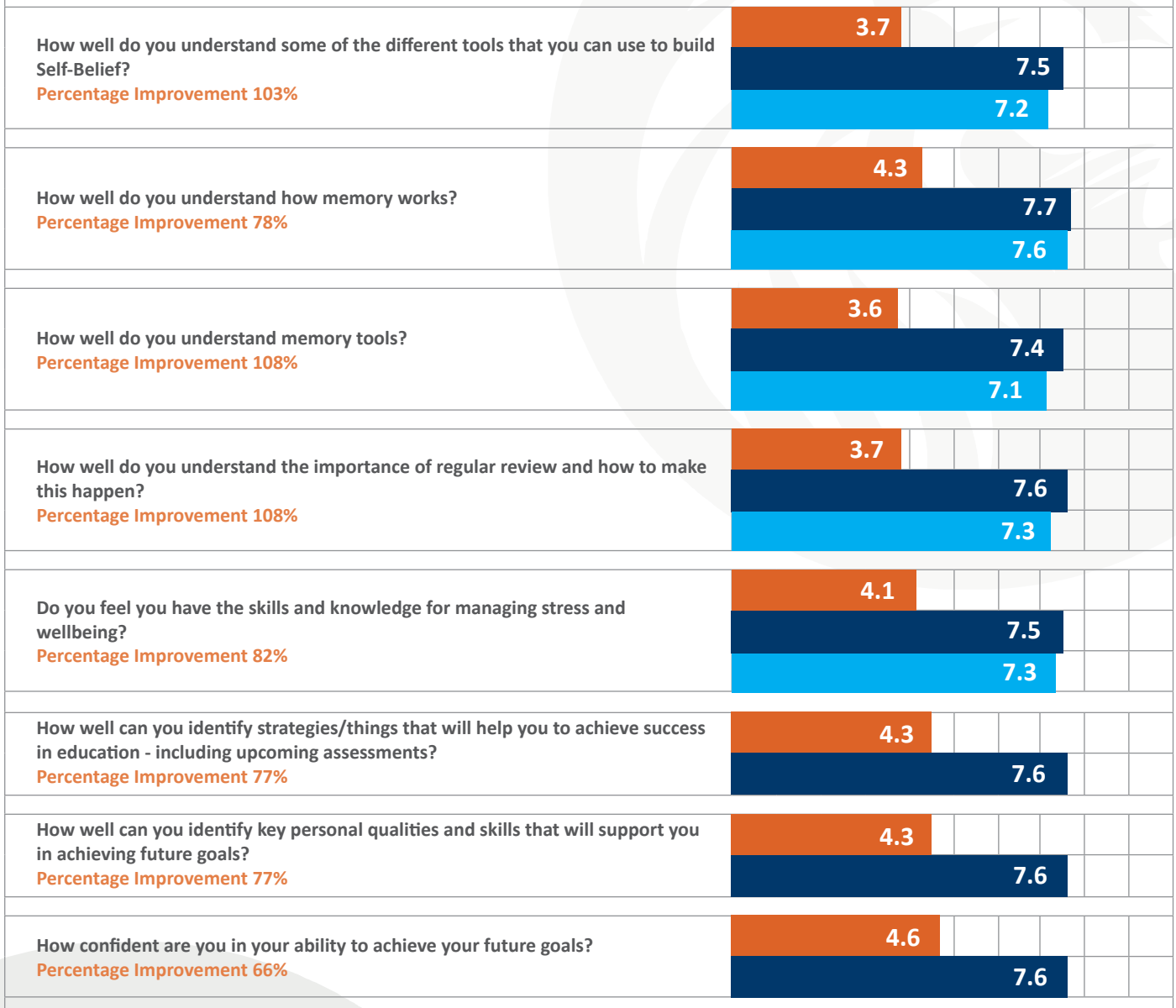
## Observations

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).

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

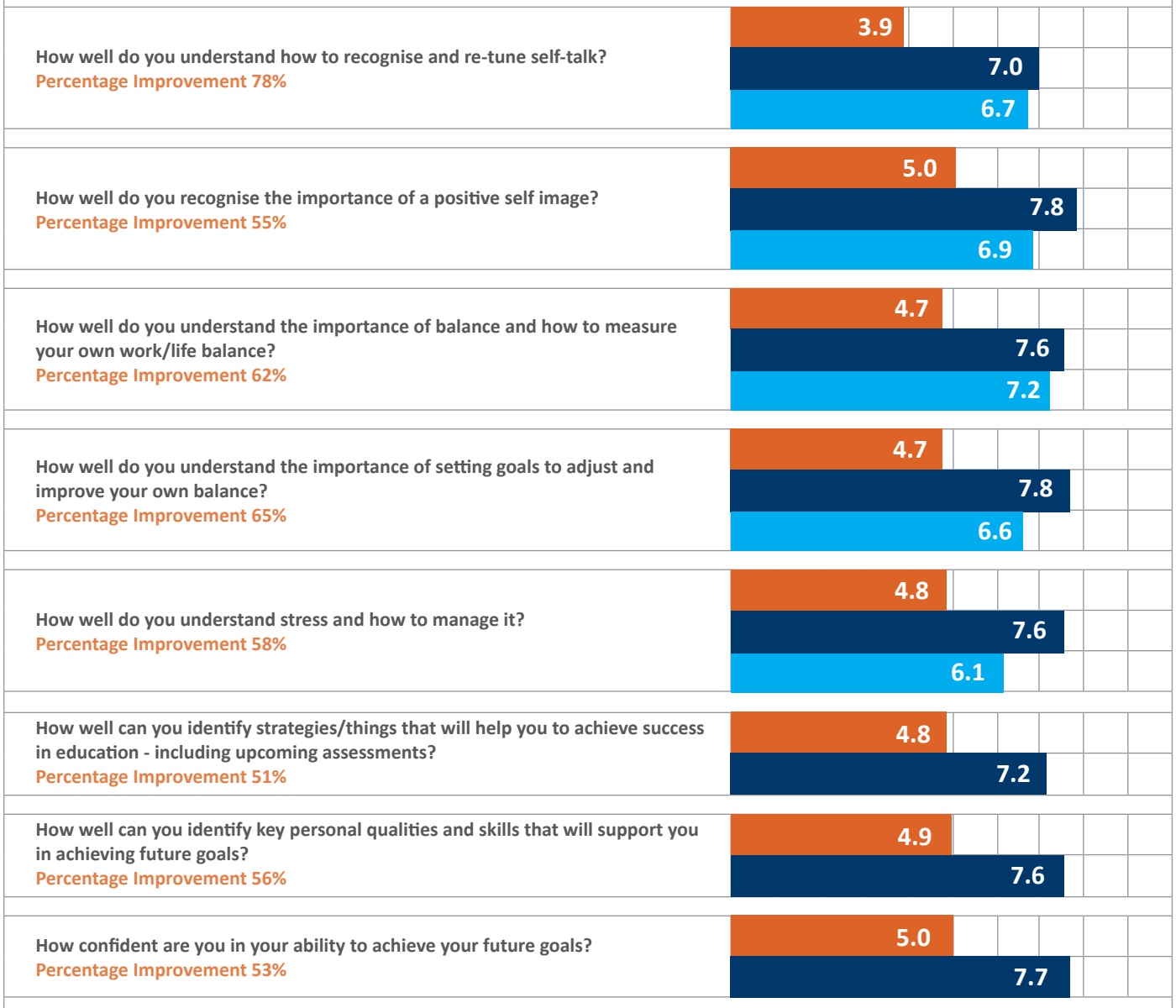
Usefulness

## 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 the initial brief was to build resilience and improve student 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



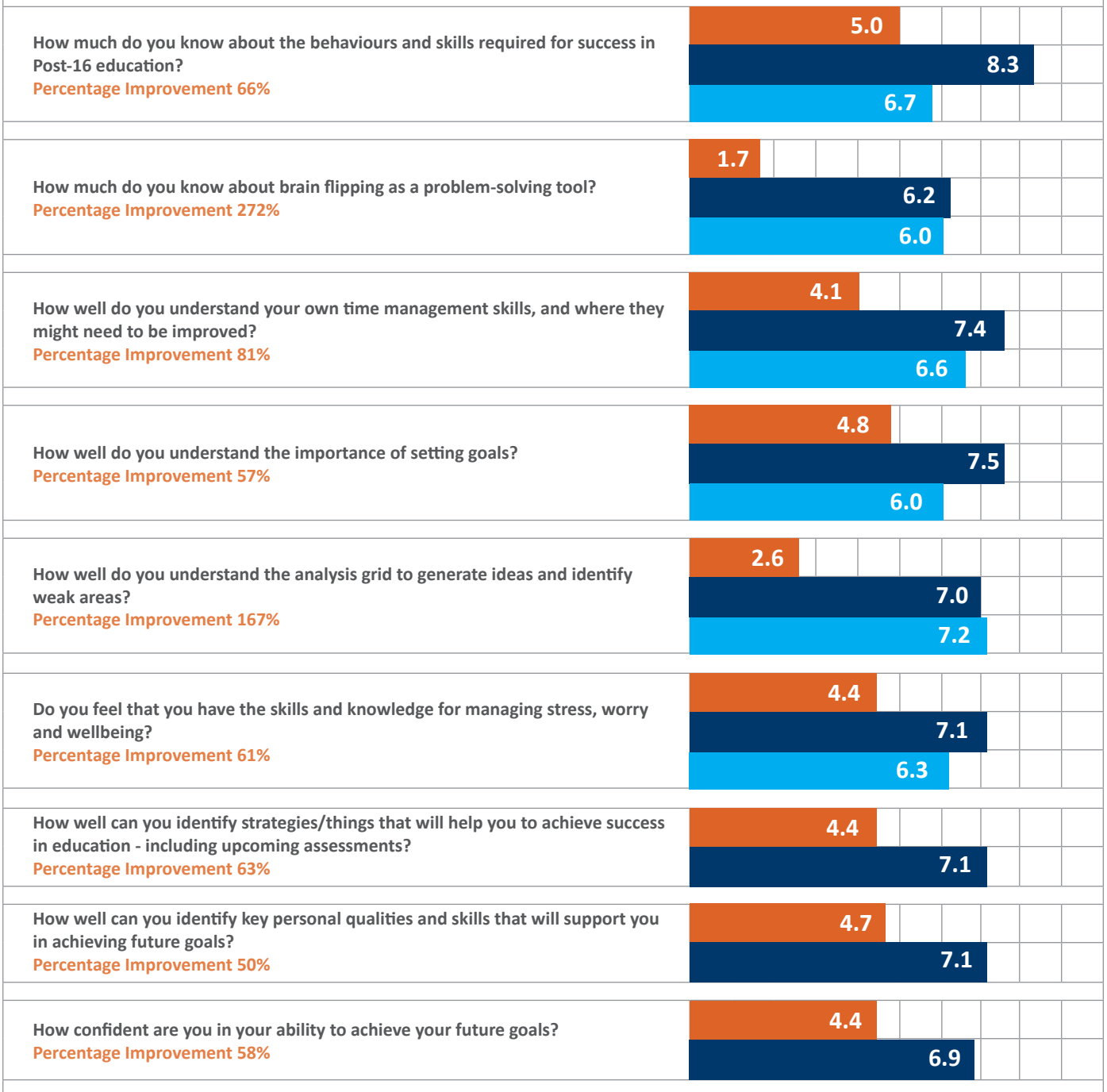
## Observations

The Circus of Life workshop looks at both 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.



## SMASH IT IN 6TH FORM!



Before the Workshop

After the Workshop

Usefulness

## Observations

Improvements across the board and a valuable insight into the relevance and importance of the workshop content.

## Contact Resilient Me

For more information and to book face to face or online workshops, please contact us on 01778 349613 or visit [www.resilientme.co.uk](http://www.resilientme.co.uk)

