



## Workshop Menu

### MAD4Motivation

A delicious combination of **goal setting** mixed with **growth mindsets** and positive habits garnished with self-motivation will help students develop focus to achieve their goals.

#### **GOAL MAPPING - YOUR FUTURE STARTS IN A MINUTE**

By understanding the seven key principles to **Goal Mapping**, students can follow a proven, world class system to create a goal map and turn their dreams into realities by setting short and long-term goals.

#### **IT'S ALL IN THE MINDSET**

Changing fixed mindsets into growth mindsets and creating **positive habits** is key to learning how to deal effectively with challenges, obstacles and setbacks, switch off their auto-pilot and question their limiting beliefs.

#### **KNOWING YOU**

An eye-opening workshop to help students understand their **personality traits** and how to build on their strengths, develop themselves and work with others.

### MAD4Resilience

This is almost the cherry on top for all year groups. By helping students **understand the difference between stress and anxiety**, it can give them awareness of how to deal with it.

By setting goals and using fun study techniques, we can give students tools to help.

#### **NLP Group Coaching Workshops**

The Future Toolbox by MAD4Life are offering in addition to motivational engagement, the opportunity to dig deeper and offer more intensive workshops to smaller groups / individuals. Please contact us for more information.

### MAD4Futures

Full of sumptuous life skills from our comprehensive knowledge of over 23 years of experience which includes working in the youth **employment market** and education. The ingredients of these programmes are to help students choose their **future options** whether it is in education or **life beyond school** (further education, higher education, apprenticeships or employment success).

#### **EMPLOYABLE YOU & LIFE BEYOND SCHOOL**

Our most popular careers education programme helps students to look at how they can become employable for **their future**.

Regardless of if they are seeking an apprenticeship, part/full time job, career or even a college or university course, this programme helps students define their USPs and identify skills, strengths or gaps they have along with ones they are not aware they possess.

#### **HOW TO WIN AT INTERVIEWS**

The interview process is a daunting and nerve-wracking experience. However, planning and preparation is the key.

In this workshop, we will coach students on how to **get a decision from the decision maker** in an interview for work or a university place.

#### **PATHWAYS**

Students need to **make informed choices** about what subjects to take for their future studies. This workshop will get them to open their minds and think about the options available before making their final decision.

#### **U CAN ACHIEVE SUCCESS**

U Can Achieve Success focuses on identifying skills and personal strengths required to help structure and write a **UCAS personal statement** for their university application.

### MAD4Study

This is the bread and butter of education and this simple programme shows a system to **make revision and study, easy and fun**.

These interactive workshops provide the simple and engaging tools to **enhance independent learning**, study and revision skills and to help students become efficient to succeed in tests/exams. Each year group will have a specifically designed workshop appropriate to their stage in education, from primary, secondary, further and higher education. Choose from:

**ACCELERATE YOUR LEARNING** - years 7/8

**REV UP YOUR REVISION** - years 10/11

**FURTHER YOUR INDEPENDENCE** - years 12/13

**SUPERSIZE YOUR STUDY** - years 9/10

**MIND MAPPING** – all year groups

### PARENT / TEACHER WORKSHOPS

All of our MAD4Motivation, MAD4Futures and MAD4Studyworkshops have been adapted for parents and teachers to benefit from the tools and techniques shared with the students.

#### **GATSBY STANDARDS**

Our workshops are tailored to fit each year group, the objectives of the school and all cover **The Gatsby Career Standards 2, 3, 5 and 8**

**For full details go to: [www.futuretoolbox.co.uk](http://www.futuretoolbox.co.uk)**

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



@futuretoolbox

Mark & Jules Kennedy – Future Toolbox by MAD4Life - [mail@mad4life.co.uk](mailto:mail@mad4life.co.uk) - 07736926059 (Mark) - 07942887185 (Jules)



# Workshop Menu

## Frequently Asked Questions

At Future Toolbox by MAD4Life, we believe in not only giving your school an amazing experience but we like to make your lives easier by being offering flexibility in our workshops. Below are some FAQs by staff organising our visits but please drop us a line if you have any more questions.

### **How long does a workshop last?**

Our workshops are flexible to fit into your school timetable. We have a one-hour power hour session plan and a two-hour session plan which are designed for single or double lesson time slots. Two hours is our maximum recommendation on length of a workshop with a single group.

### **Are the workshops interactive?**

Without a doubt! We want the students to enjoy the workshop and be involved (and teachers too). The more they interact, the more they learn and the more they will enjoy it (plus we will too).

### **What are our costs?**

Costs are £545 for a full day (usually 2 x 2 hour or 4-5 x 1-hour workshops), £345 for a half-day workshop (1 x 2 hours or 2 x 1 hour) and £175 for an hour workshop. We have a three-step programme where students can benefit from three workshops over the year, the cost is £1,500 (if all three full day workshops booked together). Bespoke programmes will be costed accordingly.

Books (Don't Get Your Neck Tattooed - The Z to A of Life Skills) are available to purchase at £11.99 each (contact us for bulk orders)

### **What size groups do we work with?**

We always work with the students in the college/school/university and meet the students there. Group sizes can be from small groups to whole year groups. These can be run them in a classroom or hall/theatre style settings.

### **Which year groups do you work with?**

All of them? Our workshops are customised to suit the specific audience.

### **Do you tailor the workshops to the school/college/university?**

We always endeavour to tailor the content to suit the audience and will talk to you beforehand and ensure that we are delivering consistent messages in line with the school/college/university.

### **How many workshops can you run with the students?**

We can run a one-off workshop or construct a programme of multiple workshops for a whole year cohort or target group of students. Why not try our three-step programme with a workshop from each of the subjects from the menu?

### **What do we need on the day?**

All we need is a projector/screen and the students will normally need a pen, something to lean on (a textbook is fine for example) and an open mind. A wireless clip on mic is useful if we are working with a large group. Theatre style layout is preferred.

### **What levels of staff support do we need?**

We love staff to engage in the workshop and take part in the activities and this adds value to the students' participation too. We ask for around 1:30 staff to student ratio.

### **Do we hold up to date DBS certificates?**

Yes, and we always carry photographic ID with us when visiting sites.

### **Tell us about your book for teenagers?**

Go to [www.mad4life.co.uk/shop](http://www.mad4life.co.uk/shop) for details on our book "Don't Get Your Neck Tattooed."

**For full details go to: [www.futuretoolbox.co.uk](http://www.futuretoolbox.co.uk)**