

PREPARING FOR EXAMS

THE SCIENCE OF REVISION AND PRESSURE MANAGEMENT

- Techniques that improve long term memory during revision
- The habits of effective revisers
- Strategies to help students manage exam stress
- Tips that will help students perform under pressure as used by Team GB



Bradley Busch is a HCPC registered Psychologist. With extensive experience working in schools, he is a leading expert at helping students handle exam pressure. Outside of education, Bradley has also helped members of Team GB win medals at London 2012 and Rio 2016.

Practical strategies to help your students:

- Improve memory
- Enhance confidence, nerves & stress management
- Study independently
- Overcome procrastination
- Handle exam pressure
- Understand the importance of sleep

"The course was amazing and I've been telling all my friends about how much I learned"

SA - Teacher

"Thank you so much! The workshops were so interesting and useful."

RC - Teacher

"We have had such fantastic feedback from the staff who came to hear you speak last week."

MB - CPD Coordinator

"I loved today - it brought psychology back to life for me! I also love that for the first time I honestly believe that psych is being used in a positive way in the classroom/school."

LC - Teacher



BOOK NOW

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TELEPHONE: 0208 693 3191

GREAT FOR INSET DAYS

Check website for details