



**InnerDrive**  
MINDSET WORKSHOPS

# INNERDRIVE MENTAL SKILLS WORKSHOPS

We can improve your students' mindset and performance under pressure using the same tools and techniques that we teach elite athletes



"The girls 'loved' your sessions and they are all looking forward to seeing you again in March. Thank you for your enthusiasm. I look forward to welcoming you back to Queen's Gate."

ML, Queen's Gate School

"Thank you for your visit last week. The boys have said that so far this was the best workshop they have had! So very positive, thank you."

NS, Stepney Green School

"Thanks for the feedback and thank you again for the other day. I agree with the students in that it was a fantastic presentation and I am sure that it will have a positive effect on the students. I look forward to seeing you at Bushey Meads in the future."

MO'K, Bushey Meads School

# WHY USE INNERDRIVE TRAINING?

## WE HELP YOUR STUDENTS

- Take responsibility
- Increase their confidence
- Increase their personal motivation
- Deal with stress

## IT WORKS

92% of students we have worked with stated they believed that the techniques they had learnt in our workshops would increase their performance\*

## THEY LISTEN

We teach students the same techniques and habits that we have taught Premiership footballers and elite athletes



\* Sample Size 35,402 Students



## OFSTED / ISI REPORT

- ✓ Enhance personal and social development
- ✓ Help students raise their own expectations
- ✓ Help students respond well to challenges
- ✓ Help students become more mature and responsible

"Thank you for the workshops – they went really well and we had very positive feedback. We hope to work with you again"

**JB, Townley Grammar School**

"Our students thoroughly enjoyed your motivational and success talks last year. Of course we would like to invite you to Dagenham Park again."

**SAS, Dagenham Park School**

"The feedback from the students speaks volumes! I know from the small amount of time I spent in the sessions that I personally found them extremely useful!"

**DL, Croydon College**

"Thanks for your help this year, the students really enjoyed the sessions."

**DE, Alec Reed Academy**

# INNERDRIVE WORKSHOPS

Our workshops are tailored to fit the requirements of your school. We customise them to best fit your aims, desired topics, numbers of students and time available. Below are just some of the workshops that we provide:



## Mastery Mindset

Explores the habits of successful people, how they can be acquired and how students can apply them in their lives.



## Performance Under Pressure

Provides tools and techniques that allow your students to show their true potential during exams, public speaking and interviews.



## Studying with the Brain in Mind

Teaches students how their brain works and how to get more out of it when studying or revising.



## Concentration Training

The ability to concentrate over a period of time is one of the success skills in life. We help students to improve this key skill.



## Teacher CPD

Workshops for teachers on growth mindset, performance under pressure and the science of learning.



## Growth Mindset

Based on Carol Dweck's research, practical tips and suggestions to help students develop a growth mindset.



## Communicating Better

Develops the skills and techniques that help students communicate better with teachers, parents and each other.



## Student Leadership

Helps develop key leadership skills, clarify core values within the group and identify and solve common issues.



## Good to Great

This workshop helps younger students become more resilient, motivated and gritty.



## Public Speaking

This practical workshop explores techniques that help people manage nerves and present with confidence.



## Surviving University

This is a toolkit of the things that you wish you had known at university and would want your students to know.



## Parent Workshops

Workshops that help parents help their children to get the most out of school. Our most popular workshop is "Understanding the Teenage Brain."

"There were simple steps on how to deal with my weaknesses, barriers and concentration levels and how they affect my performance."

**Student**  
Alec Reed Academy

"I found it fun and unique, unlike other workshops where they just speak to you: we were included."

**Student**  
Fullbrook School

"It was interesting and I was able to understand everything. Normally I find talks boring, but this was different. It kept me alert and it was really good."

**Student**  
Cardinal Wiseman School

"I liked how it was engaging and made me think about how to handle this year."

**Student**  
Kingston Grammar School

# WORKSHOP OPTIONS

|           | Mastery Mindset | Performance Under Pressure | Studying with the Brain | Concentration Training | Surviving University | Growth Mindset | Communicating Better | Student Leadership | Good to Great | Public Speaking | The Teenage Brain |
|-----------|-----------------|----------------------------|-------------------------|------------------------|----------------------|----------------|----------------------|--------------------|---------------|-----------------|-------------------|
| Primary   |                 |                            |                         |                        |                      | ●              | ●                    |                    |               |                 |                   |
| Year 7    |                 |                            |                         | ●                      |                      | ●              | ●                    |                    | ●             |                 |                   |
| Year 8, 9 |                 |                            |                         | ●                      |                      | ●              | ●                    | ●                  | ●             |                 |                   |
| Year 10   |                 | ●                          | ●                       | ●                      |                      | ●              | ●                    | ●                  | ●             | ●               |                   |
| Year 11   | ●               | ●                          | ●                       |                        |                      |                | ●                    | ●                  |               | ●               |                   |
| Year 12   | ●               | ●                          | ●                       |                        |                      |                | ●                    | ●                  |               | ●               |                   |
| Year 13   | ●               | ●                          | ●                       |                        | ●                    |                | ●                    | ●                  |               | ●               |                   |
| Teachers  |                 | ●                          |                         |                        |                      | ●              |                      |                    |               |                 | ●                 |
| Parents   |                 | ●                          |                         |                        |                      | ●              |                      |                    |               |                 | ●                 |



"The presenter was absolutely amazing. She was very entertaining and very clear in everything she was saying. I thought it was incredibly inspirational and definitely what I needed to start off my A-levels. It was all relevant to me and helpful! Thank you."

**Student**  
Mulberry School for Girls

"It was something different to what we would usually learn. Rather than reminding us about exams, they told us how to get through. It has helped me to understand what happens to your body when under pressure and what I can do to prevent it."

**Student**  
Sacred Heart High School

"Both hosts were very into their job and seemed like they really cared about us. Very upbeat and interactive."

**Student**  
Christ's College Finchley

# STUDENT FEEDBACK DATA

We give each school a copy of the data from their student feedback...



"It was really inspiring and very motivational without being naggy."

**Student**  
Park High School

"I enjoyed everything about the workshop. It was genuinely amazing."

**Student**  
Queen's Gate School

"The way it taught me to think about what I want to happen, and not what I don't want to happen."

**Student**  
Richard Challoner School

"Well to be honest I loved every moment, especially the experiments."

**Student**  
Greenford High School

# STUDENT AND TEACHER FEEDBACK

"Just to inform you, the session on Wednesday that he delivered was outstanding! The feedback from the girls on our own internal survey was superb and it definitely was the most useful part of their day. So, thank you very much!"

**SM, Sacred Heart High School**

"Thanks again for delivering another great session to our students. I know they really enjoyed it and for many of them it's what stood out the most about that day. Our staff also commented on how good they thought the session was."

**CN, Mossbourne Academy**

"Our year 12s absolutely loved it and got a lot out of it, thank you so much to you and your colleague for coming in and inspiring our students. The personal comments at the end speak volumes about what they got out of it."

**TS, Overton Grange School**

"For the third year now, you have delivered wonderfully dynamic sessions, which the girls continue to enjoy. We hope now to explore with you the possibility of holding the sessions which InnerDrive runs for younger pupils, so that we can look for opportunities to offer this experience to a broader range of girls."

**RK, Queen's Gate School**

"What an amazing result! Thank you very much for your excellent delivery on Saturday. I believe our students engaged in a lot of learning and found it totally enjoyable. We will definitely recommend you."

**DR, Brooke House Sixth Form**

"Brilliant sessions again and thanks to Ed and everyone for really putting on a good show."

**DE, Alec Reed Academy**

"The students had a lovely day and took away so much. The feedback is amazing well done!"

**LM, Harris Academy Bermondsey**

"As always the students really enjoyed it and many said it was their favourite session of the day!"

**CN, Mossbourne Academy**

"The students really enjoyed having you in."

**KW, Turnford School**

"Very useful information and inspirational and made me want to do more with my life and try hard at whatever I may do."

**Student, Park High School**

"The way it was presented, very easy to understand and also very interesting. I'm confident that this workshop has motivated me to do more stuff with my time instead of wasting my time."

**Student, Capital City Academy**

"I liked the structure of the workshop and the style of the workshop due to this I was able to learn quite a lot."

**Student, Broomfield School**

"The workshop was very applicable to my current situation. It was very important for me to recognise how to control my nerves."

**Student, Bexley Grammar School**



"It was truthful and very helpful to everyone's future."

**Student  
The Quest Academy**

"The energy of the speaker, it was inspirational. He kept us all engaged."

**Student  
Sir John Cass School**

"Really excellent speaker, great workshop. It kept my attention throughout."

**Student  
Bexley Grammar School**

"It changed my mindset. I now know how to be more successful. I truly believe I can do better."

**Student  
Cardinal Pole Catholic School**

# INNERDRIVE CLIENTS

We have been privileged to work with many schools. These have included the following:

Abbotsfield School for Boys  
Abbs Cross Academy & Arts College  
Acland Burghley School  
Alec Hunter Academy  
Alec Reed Academy  
Alleyn's School  
Alpertown Community School  
Archbishop Tenison's CE School  
Ark Globe Academy  
Ark St Alban's Academy  
Aylesbury Vale Academy  
Barton Seagrave Primary School  
Beal High School  
Beauchamps High School  
Becket Keys School  
Bentley Wood High School for Girls  
Berkeley Primary School  
Bexley Grammar School  
Bishop Challoner Shortlands  
Bishop Ramsey CE School  
Blackheath High School  
Bow School  
Brooke House Sixth Form College  
Broomfield School  
Brune Park Community School  
Bushey Meads School  
Capital City Academy  
Cardinal Pole Catholic School  
Cardinal Wiseman Catholic School  
Carshalton Boys Sports College  
CATs College London  
Cheam High School  
Christ's College Finchley  
City of London Academy  
Claremont High School  
Costello Technology College  
Cranford Community College  
Croydon College  
Dagenham Park CE School  
Debden Park High School  
De La Salle School  
Dormers Wells High School  
Eastbury Comprehensive School  
Edmonton County School  
Elizabeth Garrett Anderson School  
Eltham Hill School  
Elthorne Park High School  
Epsom and Ewell High School  
Ernest Bevin College  
Eton College  
Farringtons School  
Featherstone High School  
Five Islands School  
Fullbrook School  
George Green's School  
Glyn School  
Greenford High School  
Grey Court School  
Guildford County School  
Gunnorsbury Catholic School  
Haberdashers' Aske's School  
Haggerston School  
Haileybury Turnford School  
Hailsham Community College  
Haggerston School  
Harefield Academy  
Harris Academy Bermondsey  
Harris Academy Falconwood  
Harris Academy Peckham  
Hartpury College  
Hatch End High School  
Haverstock School  
Headington School  
Hertswood Academy  
Heston Community School  
Highbury Grove School  
Highgate School  
Hinchley Wood School  
Hitchin Boys' School  
Hitchin Girls' School  
Holloway School  
Holmesdale Technology College  
Howard of Effingham School  
Imberhorne School  
James Allen's Girls' School  
Jewish Community Secondary School  
John Madejski Academy  
John Mason School  
Kemnal Technology College  
Kingsbury High School  
Kingsdale Foundation School  
King Solomon Academy  
Kingham Hill School  
Kingsford Community School  
Kingston Grammar School  
Lambeth Academy  
Langley Academy  
Lea Valley High School  
Little Ilford School  
Lord Grey School  
Manor House School  
Millais School  
Mossbourne Community Academy  
Mulberry School for Girls  
Northampton School for Boys  
Northfleet Technology College  
Nower Hill High School  
Oaklands Sixth Form College  
Oasis Academy Croydon  
Orleans Park School  
Overton Grange School  
Park High School  
Parliament Hill School  
Petchey Academy  
Plumstead Manor Girls School  
Prospect School  
Putney Park School  
Queen's College London  
Queen's Gate School  
Ravensbourne School  
Reading School  
Richard Challoner School  
Richmond Park Academy  
Riddlesdown Collegiate  
Rivers Academy  
Rodean School  
Roding Valley High School  
Royal Russell School  
Ruislip High School  
Rushcroft Foundation School  
Rye College  
Rye St Antony School  
Sacred Heart High School  
Sacred Heart of Mary Girls' School  
Saint Cecilia's CE School  
Simon Langton School for Boys  
Simon Langton School for Girls  
Sir John Cass Foundation School  
St Anne's Catholic Primary School  
St Columba's College  
St Gabriel's School  
St James Senior Girls School  
St John Rigby School  
St John's Catholic Comprehensive School  
St Joseph's Catholic High School  
St John's School  
St Mark's Catholic School  
St Mary's CE High School  
St Paul's Way Trust School  
St Thomas the Apostle College  
Stepney Green School  
Strood Academy  
Stockport School  
Tawhid Boys' School  
The Ashcombe School  
The Barclay School  
The Beacon School  
The Blackpool Sixth Form  
The Boswells School  
The Charter School  
The Ferrers School  
The Highfield School  
The Latimer Arts College  
The London Nautical School  
The Quest Academy  
The Warren School  
Thomas More Catholic School  
Tomlinscote School & 6th Form Academy  
Tormead School  
Totton College  
Townley Grammar School  
Trinity School  
University College School  
Ursuline Academy Ilford  
Vyners School  
Waldegrave School for Girls  
Wallington County Grammar School  
Wallington High School for Girls  
Walthamstow Academy  
Walworth Academy  
Warden Park School  
Wellington College  
Whitmore High School

**TALK TO US ABOUT HOW WE CAN HELP YOUR STUDENTS, THEIR PARENTS AND YOUR STAFF**  
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