



**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



**InnerDrive**  
Performance Under Pressure  
Control The Controllables

**Language** - Positive, Helpful, Energised

**Emotional Control** - Recognise, Stop, Redirect

**Attention** - The Me, The Now, The Process

**Physiology** - Body Language and Breathing

For more information about our training and one to one coaching email [info@innerdrive.co.uk](mailto:info@innerdrive.co.uk) or call 020 8693 3191 www.InnerDrive.co.uk  
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**InnerDrive**  
Seven Habits of Success  
Pocket Guide

**Take Responsibility** - Master yourself

**Set Goals** - Begin with the end in mind

**Learn Every Day** - You can ALWAYS get better

**Think Effectively** - Think about what you want

**Use Resources** - Build a team around you

**Work Ethic** - Work hard, win easy

**Preparation** - Fail to prepare, prepare to fail

"Hello, I am writing to say 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."

M L, 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."

M O'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 that 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



## 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

\* Sample Size 35,402 Students

"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 tailor 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 they can be applied in school.



## Performance Under Pressure

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 the most out of it. Covers multitasking, sleep, memory techniques, organising and emotional control.



## Concentration Training

The ability to concentrate over a period of time is one of the key success skills. We help students to train themselves to acquire this skill.



## Surviving University

University learning is a lot different from school learning. This is a tool kit of the things that you wish you had known at university.



## Growth Mindset

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



## Communicating Better

Develop 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.



## Understanding the Teenage Brain

Understanding how the teenage brain develops and the challenges this causes. Explanations and suggestions for parents and teachers.

"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 in Mind	Surviving University	Communicating Better	Growth Mindset	Concentration Training	Leadership	Understanding the Teenage Brain
Year 7					●	●			
Year 8	●				●	●	●	●	
Year 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	Glyn School	Riddlesdown Collegiate
Abbs Cross Academy	Greenford High School	Rivers Academy
Acland Burghley School	Haberdasher Askes School	Roding Valley High School
Alec Hunter Academy	Harefield Academy	Royal Russell School
Alec Reed Academy	Harris Academy Bermondsey	Ruislip High School
Alperton Community School	Harris Academy Falconwood	Rushcroft Foundation School
Archbishop Tenison's CoE School	Hatch End High School	Rye St Antony School
Aylesbury Vale Academy	Haverstock School	Sacred Heart High School
Beal High School	Headington School	Simon Langton School for Boys
Beauchamps High School	Hinchley Wood School	Simon Langton School for Girls
Bentley Wood High School for Girls	Hitchin Boys' School	Sir John School
Bexley Grammar School	Hitchin Girls' School	St Cecilia's Wandsworth
Bishop Ramsey CE School	Howard of Effingham School	St Columba's College
Bow School	John Mason School	St John's Catholic Comprehensive School
Brooke House Sixth Form College	Kingsdale Foundation School	St John Rigby School
Broomfield School	Kingsford Community School	St Mark's Catholic School
Bushey Meads School	Kingston Grammar School	St Mary's High School
Capital City Academy	Lambeth Academy	St Paul's Way Trust School
Cardinal Pole Catholic School	Langley Academy	St Thomas the Apostle College
Cardinal Wiseman Catholic School	Lea Valley High School	Stepney Green School
Carshalton Boys Sports College	Madejski Academy	Strood Academy
Charter School Dulwich	Manor House School	The Ashcombe School
Christ's College Finchley	Millais School	The Beacon School
City of London Academy	Mossbourne Community Academy	The Highfield School
Claremont High School	Mulberry School for Girls	The London Nautical School
Cranford Community College	Northfleet Technology College	The Quest Academy
Croydon College	Nower Hill School	The Warren School
Dagenham Park School	Oaklands Sixth Form College	Tormead School
Debden Park High School	Oasis Academy Croydon	Townley Grammar School
De La Salle School	Overton Grange School	Trinity School
Eastbury Comprehensive	Park High School	Turnford School
Elizabeth Garrett Anderson School	Parliament Hill School	Ursuline Academy Ilford
Elthorne Park School	Petchey Academy	Vyners School
Ernest Bevin College	Putney Park School	Waldegrave School for Girls
Featherstone High School	Queen's Gate School	Walthamstow Academy
Fullbrook School	Richard Challoner School	West London Academy
George Green's School	Richmond Park Academy	Woldingham School for Girls

**TALK TO US ABOUT HOW WE CAN HELP YOUR STUDENTS, THEIR PARENTS AND YOUR STAFF**  
**INFO@INNERDRIVE.CO.UK / WWW.INNERDRIVE.CO.UK / 020 8693 3191**