

CONCENTRATION TRAINING

A KEY LIFE SKILL

WORKSHOP SUMMARY

**COVID-19
UPDATE**

If, due to the Coronavirus crisis, you cannot host in-person workshops at your school, please note that this workshop is available online. For further details or to discuss bookings, please get in touch at info@innerdrive.co.uk

OVERVIEW

The ability to stay focused on the right thing at the right time is key to a student's ability to learn effectively. Our Concentration Training workshops teach students the key skills needed to do this.

This workshop explores the challenges and obstacles students face in order to stay focused, as well as suggesting tips and practical strategies to help them improve their attention.

KEY MESSAGES

Recognising your distractions

- The difference between internal and external distractions
- Identifying your personal distractors in class

Managing electronics

- Managing mobile phones, computers, tablets and social media
- How to control your environment

The right things to focus on

- The difference between important and urgent
- Ask your self WINning questions (What's Important Now)
- Attention to detail is often important
- Check, Clarify, Confirm
- How to SLANT for better concentration

Fuelling your brain

- The importance of eating breakfast
- Getting the right amount of sleep
- The role of fresh air
- The importance of exercise
- The importance of a balanced diet



BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or info@innerdrive.co.uk



www.innerdrive.co.uk