INNERDRIVE MENTAL SKILLS WORKSHOPS

We can improve your students’ mindset and performance under pressure, using the same tools and techniques that we use to teach elite athletes.

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

WE WORK ON THE ‘BLUE BITS’ FOR YOU...

- Success
- Responsibility
- Good performance
- Confidence
- Acquisition of knowledge & skills
- Good habits
- Motivation
- Responsibility
- Confidence

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

"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

"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.”

JB, 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
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 for 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.

Communicating Better
Develops the skills and techniques to help students to 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.

Concentration Training
Helps students to improve their ability to concentrate over a period of time, one of the key skills for success.

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

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

Good to Great
Helps younger students become more resilient, motivated, and gritty.

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

Public Speaking
Explores techniques that help people manage nerves and present with confidence in a practical setting.

Parent Workshops
Helps 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.”

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

“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.”

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

“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.”

“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.”

“Managing Stress”

“Confidence”

“Innerdrive Workshops”

“Confidence”
STUDENT FEEDBACK DATA

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

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!”
CN, Mossbourne Academy

“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

“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

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Student, Bexley Grammar School

“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

“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.”
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INNERDRIVE CLIENTS

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

Abbs Cross Academy & Arts College
Aycland Burghley School
Alec Hunter Academy
Alec Reed Academy
Allevyn’s School
Alperton Community School
Ark Globe Academy
Ayesha Community Education School
Aylesbury Vale Academy
Barton Seagrave Primary School
Beaconsfield High School
Beal High School
Beauchamps High School
Becket Keys School
Beckfoot Oakbank
Bentley Wood High School for Girls
Berkley Primary School
Bexley Grammar School
Bishop Ramsey CE School
Blackheath High School
Bow School
Brooke House Sixth Form College
Broomfield School
Bushey Meads School
Cambridge Heath Sixth Form
Capital City Academy
Cardinal Wiseman Catholic School
Carshalton Boys Sports College
CATS College London
Charter School Dulwich
Cheam High School
Christ’s College Finchley
City of Islington College
City of London Academy
Claremont High School
Costello Technology College
Cranford Community College
Croydon College
Croydon High School
Dagenham Park CoE School
Dameb Park High School
Dormers Wells High School
Dr Challoners Grammar School
Duke of Kent School
Dulwich College
Eastbury Comprehensive
Edmonton County School
Elizabeth Garrett Anderson School
Eltham Hill School
Elthorne Park High School
Ernest Bevin College
Eton College
Farringtons School
Featherstone High School
Finedon Muslo C of E School
Fullbrook School
George Green’s School
Girls’ Day School Trust
Glyn School
Greenford High School
Grey Court School
Guildford County School
Gunnersbury Catholic School
Haileybury School
Hampden Community College
Harefield Academy
Harris Academy Bermondsey
Harris Academy Falconwood
Harris Academy Peckham
Harpursey College
Haverstock School
Headington School
Heston Community School
Highams Park 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 Mason School
Kemnal Technology College
Kingsbury High School
Kingsdale Foundation School
Kingham Hill School
Kingsford Community School
Kingston Grammar School
Lambeth Academy
Lea Valley High School
Little Ilford School
Lord Grey School
Manor House School
Merry Hill Infant School
Mossbourne Community Academy
Mulberry School for Girls
Northfleet Technology College
Northampton School for Boys
Nower Hill High School
Oakbank School
Oaklands Sixth Form College
Oasis Academy Croydon
Orleans Park School
Overton Grange School
Park High School
Parliament Hill School
Petchey Academy
Plumstead Manor
Prospect School
Queen’s Gate School
Queen’s College
Ravensbourne School
Reading School
Roedean School
Roding Valley High School
Royal Russell School
Ruislip High School
Rushcroft Foundation School
Rye St Antony School
Sacred Heart High School
Sacred Heart of Mary Girls’ School
Simon Langton School for Boys and Girls
Sir John Cass Foundation School
St Anne’s Catholic Primary School
St Cecilia’s Wandsworth
St Columba’s College
St Francis Xavier
St James Senior Boys’ School
St John Rigby School
St John’s Comprehensive School
St Joseph’s Catholic High School
St Margaret’s School
St Mark’s Catholic School
St Mary’s CoE High School
St Paul’s Way Trust School
St Peter’s Catholic School
St Thomas the Apostle College
Stepney Green School
Stockport School
Strood Academy
Tawhid Boys 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
The Westgate School
Thomas More Catholic School
Tomlinson School 6th Form Academy
Tormead School
Totton College
Towyn Grammar School
Trinity School
Turnford School
University College School
Ursuline Academy Ilford
Usurline High School
Vyners School
Waldegrave School for Girls
Wallington County Grammar School
Wallington High School for Girls
Walworth Academy
Walthamstow Academy
Warden Park School
Wellington College
Westfield Community School
West London Academy
Whitmore High School
Wimbledon High School
Woldingham School for Girls
Woolwich Polytechnic School High School
Woldingham School for Girls
Woolwich Polytechnic School

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