

OVERVIEW

Our resilience and self-regulation workshop explores how teachers can help students overcome setbacks, develop resilient environments, and develop self-regulation.

The workshop covers the latest research from both cognitive and educational psychology, along with practical tips and strategies that will help create a culture of excellence.



KEY MESSAGES

Developing resilience

- Why some students give up quickly
- Overcoming the "bandwagon effect"
- Creating a growth culture
- Finding the balance between challenge and support
- The roles of mindset and grit
- Reducing the fear of failure

Improving self-regulation

- Managing thoughts, feelings and behaviours
- Enhancing self-talk and focus
- Better performance under pressure
- Includes strategies that we have successfully used with Premiership footballers and olympic athletes

THIS WORKSHOP WILL HELP TEACHERS:

- ✓ Develop resilient learners
- ✓ Improve students' metacognition
- ✓ Improve students' self-regulation
- ✓ Create a growth culture
- ✓ Help students overcome setbacks and challenges

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**