



PositivelyMAD

Further/Higher Education Brochure



We can
deliver
all of our
workshops
online

Discover a range of study skills & personal development tools



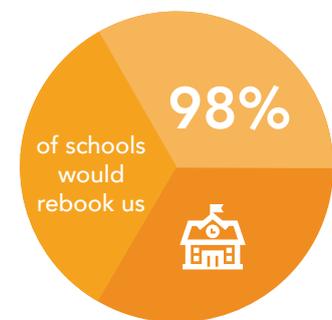
Introduction to Positively MAD

Positively MAD aim to positively make a difference by delivering high impact, high energy, interactive workshops to students, teachers and parents across the UK and beyond.

Established in 2000, we have built an excellent reputation as the UK's largest provider of educational workshops. We are fully equipped to deliver high quality, fully researched, tried and tested sessions which address the specific needs and priorities of your school.

Our ethos is that with the right tools and techniques, learning really can be fun. We strive to ensure that our workshops upskill and raise standards whilst arming students with the drive, attitude and confidence to succeed.

We believe in ensuring that our workshops leave a lasting impact, which is why we offer inspirational and supportive sessions for both teachers and parents along with a range of popular packages.



We can deliver all of our workshops online.

FURTHER/HIGHER EDUCATION WORKSHOPS



EXAM BUSTERS FE/HE

Suitable for:
FE to HE - Up to 150 students per workshop

Post-16 students at all levels will already be experienced exam takers. Sadly, this does not necessarily mean that they will be accomplished exam takers.

Exam Busters is a highly interactive workshop designed to improve all aspects of taking exams – from revision skills through to exam skills, from reflective practices to stress management.

These workshops have been delivered to over 1 million students

MASTERING STUDENT MOTIVATION

Suitable for:
KS3 to HE - Up to 150 students per workshop

This inspirational workshop will empower students with self-motivation and healthy, target-centred thinking patterns.

Students will become conscious of and manage their own state of mind and make the fundamental attitude and motivational shift needed for lasting changes which lead to achievement and success.

Delivered in over 1,238 secondary schools

GOAL MAPPING

Suitable for:
KS2 to HE - Up to 100 students per workshop/ Tables required

This workshop shows students how to organise their thoughts and eliminate self-limiting beliefs to clearly identify their ambitions.

They are shown how to set challenging but realistic goals and are motivated to believe in themselves.

Students leave the workshop feeling positive about their future and their route to success.

99% of students found this workshop useful



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FURTHER/HIGHER EDUCATION WORKSHOPS



MIND MAPPING

Suitable for:
KS2 to HE
Up to 100 students per
workshop/tables required

Part 2 of our Exam Support
package

This creative workshop comprises:
reading for keywords, learning to
encapsulate, branching ideas,
planning, creating, using colour and
shaping their diagram.

Mind Mapping is a universal, lifelong
learning technique which shows
students how to visually organise
information.

This workshop develops creative and
analytical thought, boosts recall,
understanding and excellent
note-taking and planning skills.

98% of students enjoy this
workshop

MAD 4 EMPLOYABILITY

Suitable for:
KS4 to KS5 - Up to 150 students
per workshop

This innovative workshop shows
students how to communicate
effectively, identify their strengths
and weaknesses, define their USP,
discover how to sell themselves as a
whole package and understand that
the action they take now will impact
on their future.

Students will leave the workshop
feeling motivated to maximise their
education, personal attributes, skills
and knowledge.

98% of students would
recommend this workshop
to a friend

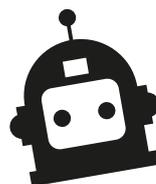
RIP ROARING RESITS English and/or maths

Suitable for:
KS5 - Up to 150 students per
workshop

A positive boost in the face of
adversity is essential for students
resitting their English and/or maths
GCSE's in the hope of meeting the
entry requirements for their chosen
career path.

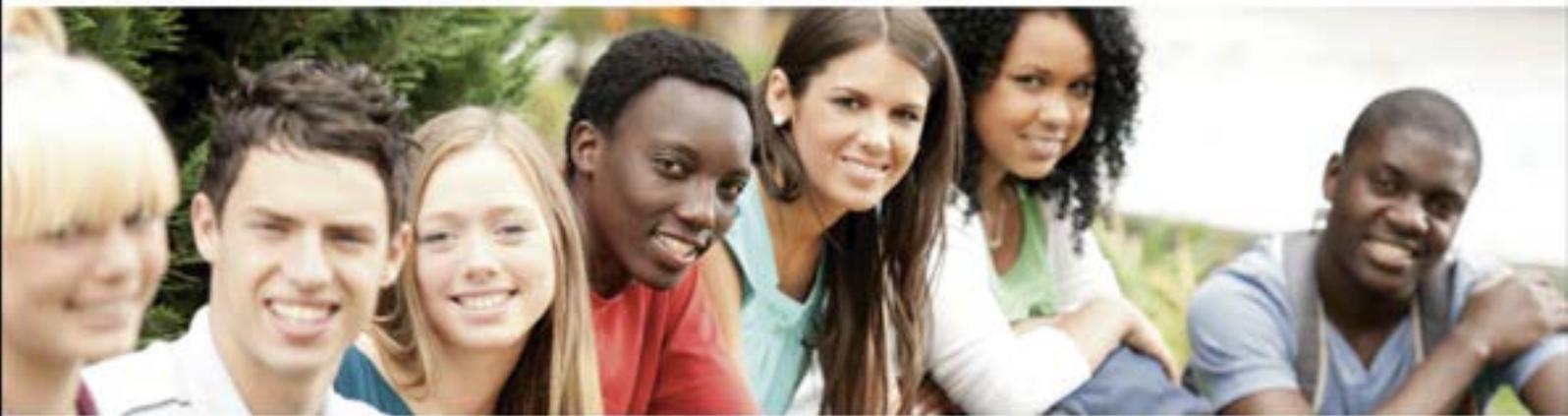
Designed for post-16 learners, these
highly effective workshops show
students how to prepare for exams.
Students are equipped with a
powerful combination of tools and
techniques which build confidence,
aspiration and performance.

Delivered in over 75
colleges in the UK



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FURTHER/HIGHER EDUCATION WORKSHOPS



RESILIENCE

*Suitable for:
KS2 to HE - Up to 150 students per workshop*

This highly popular resilience workshop focuses on boosting students mental, academic and emotional resilience along with overcoming challenges, confronting habitual thought patterns, developing a growth mindset, breaking down problems into manageable areas and adapting to adversity.

Students will learn about the power of their brain and the importance of learning from their mistakes and using them as a platform to success.

Delivered to over
80,000 students

MANAGING MENTAL HEALTH

*Suitable for:
KS4 to HE - Up to 100 students per workshop / Tables required*

Managing mental health is a positive and interaction session, which lasts for 60 minutes and can be delivered either online or face to face.

The workshop provides students with a motivational boost and the clarity needed to find their focus and keep going during these uncertain times.

This workshop aims to leave students with an in-depth and practical toolkit for them to refer to in their times of need, as a preventive measure before mental health illness takes control, so they can take control of it.

NEW FOR 2021

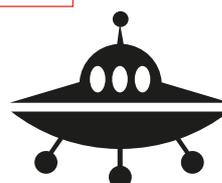
BRIDGING THE GAP

*Suitable for:
Year 11 to KS5 - Up to 150 students per workshop*

This aiding transition workshop clearly identifies the gap between KS4 & KS5 and offers a range of tools and techniques to assist with the greater demands of 6th form.

Promoting the concept of self-study, independent learning, independent research and taking responsibility for themselves, this workshop will allow students to determine their own levels of success.

Delivered to over
500,000 students



We can deliver all of our workshops online.



In these uncertain times, it is essential to ensure that your students education remains a main priority. In an effort to combine the high-energy, interactivity that our face-to-face sessions provide and the accessibility of working from home, we have created a highly comprehensive and engaging online support package for students, staff and parents to benefit from.

What's included

5 x Presentations with explanation videos and audio.

These fast-paced, colourful and high energy presentations take a 3-step approach to mastery. Watch.Read.Do.

Students are encouraged to 'watch' the presentation twice, 'read' through the tasks and then 'do' the tasks. Each presentation will take around 60 minutes to Watch.Read.Do.

STUDY

Introductory video

- Reading techniques: skim, intensive, extensive, scan – audio narration
- Notetaking techniques: 5 R's, Mapping, outlining, marginal - audio narration
- 3 weird revision tips: engaging your 5 senses – audio narration

MAD move – brain activity to increase concentration and happy brain chemicals! – video

- Technique Planner: Creating order in the chaos (Template and task included – create a planner, unique to you!) - audio narration
- Positive Affirmations: focusing on manifesting happiness (Template and task included – what are your dreams? How can you boost productivity?) - audio narration
- '30 days of Grateful': focusing on the importance of gratitude (Template and task included – what are YOU grateful for?) - audio narration

REVISE

- A Guide to Mind Mapping: focus on dual coding
- Cheat Sheet: focus on interleaving
- Method Application page: focus on spaced retrieval practice

RECALL

- The Feynman technique: learn, teach, regroup, repeat
- The RICE Exam System: a full proof way guide to managing your exams
- Past Paper Guidance: Incorporating Exam Time Planner & Recall After Learning

RESILIENT

- Circle of control: reducing stress by only focusing on what you CAN control
- D.O.S.E your stress: learn what makes your brain happy
- Fixed & Growth mindset challenge: turn that frown upside down... literally

MOTIVATE

- Intrinsic & Extrinsic Motivation: Incorporating positive thinking
- Motivation chemicals: learn which chemicals push us to reach our goals
- Balance: the importance of

Live Workshops via Zoom (with safeguarding in mind)

- As part of a progressive series of workshops to support your students: STUDY, REVISE, RECALL, RESILIENT, MOTIVATE
- 5 x 30 minute workshops with a highly-skilled presenter focusing on introducing students to the topics covered in the presentations
- Interaction with the presenter via Zoom Chat - to ask any questions!
- Quizzes on what they've learnt throughout the workshops
- In depth explanations of tools and techniques



We can deliver all of our workshops online.

ONLINE LEARNING



8 x Technique Templates

- **30 days of grateful:** gratitude is the key to positivity, this template will show students how to focus on the bigger picture rather than the intense reality of the pandemic
- **Emotional Backpack:** 'pack up your troubles and smile' the song says, but we all know it's not that easy. This process shows students how to 'unpack' their emotions into a logical and manageable set of thoughts
- **Circle of Control:** working as a follow on from 'emotional backpack', this template shows how to organize thoughts into ones which CAN and ones which you CANNOT be controlled, thus easing pressure and stress
- **Fixed & Growth Mindset:** negative thought is the default setting for most, so this template shows students how to flip their negative thoughts into positive ones
- **Method Application Page:** pictures, repetition and keywords are all essential tools to improve our memory and recall, this template shows students how to learn something, test themselves and then recall it weeks and months later

- **Technique Planner:** humans are creatures of habit and we crave routine. This handy planner shows how to organize tasks into a straightforward plan of action, thus increasing efficiency and productivity!
- **The RICE Exam System:** exams are tough, but this handy guide shows how to increase metacognition and thoughtfulness in an exam and provides a structured plan for ensuring the questions are answered thoroughly
- **Intrinsic/Extrinsic Motivation:** motivation is a difficult skill to master. Some of us are motivated by rewards such as status and money, whilst others are motivated by internal peace and happiness. It's essential that we are aware of each type of motivation, so we can tap into the relevant ones at the relevant time!

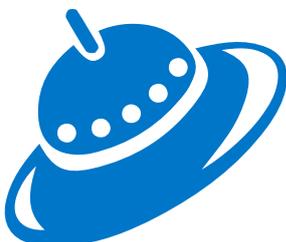
Supportive Presentation for Parents

- **Emotional backpack:** as in 'Technique Templates'

The Feynman Technique: this is the perfect way to become involved in your child's learning. This technique encourages the student to revise, then teach someone who knows nothing about the subject, what they have revised. The idea is that the

parent is able to ask questions and 'pick holes in learning' to ensure that the student is able to answer everything they can. The parent will make a list of the questions which their child struggled to answer, which work as a handy revision guide for them to focus on before repeating the process again!

- **A Guide to Dual-Coding:** our brain is split into 2 parts, left and right. The left brain focuses on words, logic and structure and the right brain focuses more on creativity, pictures and imagination. Dual coding brings both sides of the brain together and allows your child to remember facts and topics by converting them into mental images. This technique is very popular and underpins each of our workshops, as a way of encouraging students to learn that as long as their revision makes sense to them, it doesn't matter how strange, loud and colourful it is!
- **D.O.S.E your child's stress:** these times we are living in are incredibly stressful. We have no control over what is happening outside, but we CAN control our thoughts and our actions (as we discuss in the Emotional Backpack and Circle of Control exercises). Learning about the chemicals which causes us to feel stressed and feel happy, is an essential part of metacognition. You will learn how to do things which make your brain and your child's brain feel less stressed and more in control of thoughts. This is an invaluable learning experience.



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Coping with Covid

Critical thinking in a crisis: with various news reports being delivered daily, it's difficult to determine fact from fiction in these unprecedented times. This technique shows you how to validate the sources of news which are presented to you, so that next time you see a news article, you can follow the easy steps and work out for yourself whether the news is based on fact or fiction!

Fake news challenge: this is a simple challenge to test whether you're able to put the skills you've learnt from the critical thinking in a crisis technique into action!

Priority grid: it's easy to get caught up in the 'productivity cycle' whilst working from home. The 'productivity cycle' is a term we've coined to represent the fact that even though there is lots which needs to be done from home 'work-wise', there is also lots around the house to keep us busy. You'll probably find that you pushed yourself to get into a routine during the first week of lockdown but have slacked ever since... sound familiar?! Well this grid shows you how to actually prioritise your tasks into manageable ones, hence taking pressure off of you and ensuring that you stay on top of all the things which require your attention.

Each student receives:

- 5 x live workshops via Zoom which focus on memory techniques, revision tips, motivation and positive thought and provide an overview of the topics covered in the presentations

5 x follow on presentations which encompass videos, notes, templates and tasks at home to support what they have learnt in the live workshops

8 x technique templates so they can try out what they've learnt



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A CRASH COURSE IN ACCELERATED LEARNING INSET

Unlimited staff members

This training day is a complete multi-sensory learning experience which focuses on accelerated learning tips and techniques, raising confidence, and developing a positive learning environment for staff.

Sharing best practice and consolidating knowledge, the importance of reviewing learning methods, practical ways to adapt teaching and learning to raise achievement, key premises and strategies for making a difference in pupils' ability to learn and make progress are just a few of the topics covered as part of the INSET day.

RESILIENCE & MENTAL HEALTH INSET

Unlimited staff members

This training day will equip your staff with a range of tools and techniques including, but not limited to: a unique model which is designed to build resilience throughout your school, tips on encouraging personal growth and a holistic, sustainable approach to well-being and an understanding of what stress is and how to spot it.

Staff will benefit enormously on a personal level from the resilience training and will also then be able to support students on their journey to becoming happy, successful students with a positive outlook.

A relevant, constantly updated course

LOGISTICS & DYNAMICS

We are able to tailor our delivery, depending on the year group.

A standard Positively MAD day consists of a presenter providing 2 x 2 hour workshops.

Each workshop is delivered to a maximum of 150 students.

However, we will work around your timetable and deliver a programme to suit your specific needs.



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PositivelyMAD

INSPIRING EMPOWERED LEARNING

For more information about our services including prices, please contact us on:

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🌐 www.positivelymad.com