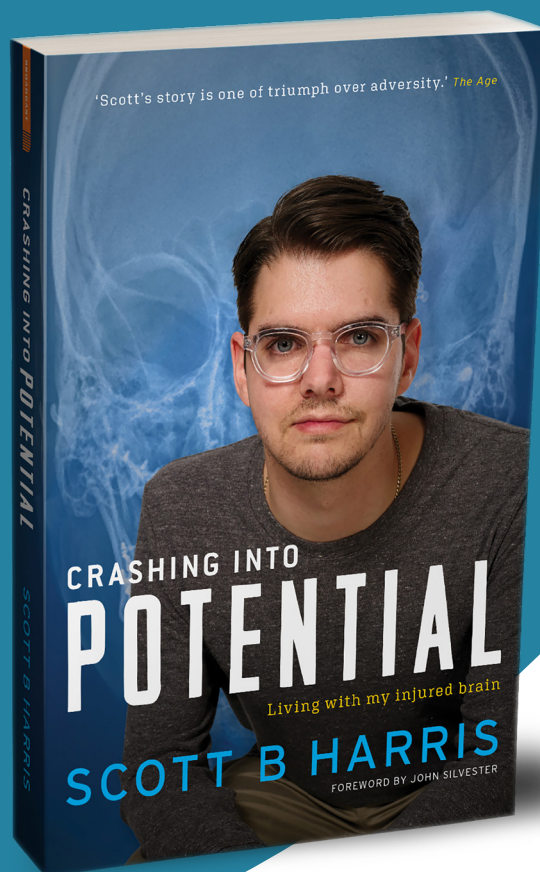


CRASHING INTO POTENTIAL

Overcoming Adversity Workshop Overview



Following on from Scott's keynote, this workshop Scott brings to you 5 x 40-minute lessons over 10 weeks. Each lesson is broken into short videos, so it is self-paced but has been designed to accommodate 1 lesson per fortnight. Goals have been the roadmap to Scott's success, so in this workshop goals are the focus, and your students will be revisiting them each week. As well as goals, the workshop goes deep into Choices, Mindset and Perseverance, the other three parts of the CRASHING INTO POTENTIAL Framework.

Please note* Students must have seen Scott present his keynote

Subject: Wellbeing

Delivery: 29 Wellbeing Videos

Length: 10-weeks

Your school will learn:

Goals

- How to set and achieve your greatest ambitions
- How to predict the challenges so you can avoid them
- How to draw the motivation to achieve your goals

Choices

- What choices do we have in the face of adversity
- Why do we need to take responsibility for our choice
- The power of choices

Mindset

- How to develop a Growth Mindset
- The power of gratitude
- How to practice gratitude

Perseverance

- The story of Coronel Sander
- The story of J.K. Rowling
- The story of Sir Richard Branson

Discussion

- A time when your teacher has overcome a challenge
- What did I learn about myself?
- What did I learn about overcoming adversity?
- What did others learn?

