



**Tougher
Minds[®]**

**Build better habits
to be your best**

Tougher Minds for Education

**Whole school and
community benefits,
empowering everyone!**



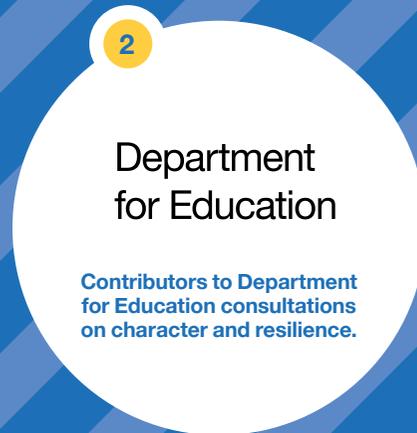
Tougher Minds education programmes deliver whole school and community benefits and value.

They create a virtuous cycle of improved performance, and positive behaviour change attributes including:

- improvements in morale***
- increased positivity***
- growth mindsets***
- enhanced motivation***

Our programmes work across all age ranges and abilities and have an immediate impact.

Recent recognition of Tougher Minds cutting-edge approaches:



Tougher Minds programmes for schools have delivered...

- Record breaking results at GCSE and A Level.
- Increased pupil recruitment via improved reputation.
- Greater parent satisfaction - one school climbed over 100 places in The Sunday Times League table.

Tougher Minds delivers its highly-effective training to enhance self-control via a range of simple and practical methods.

Bite-size Resilience Training - short, sharp 60 minute sessions to help all achieve personal change. For pupils, teachers, parents and senior managers.



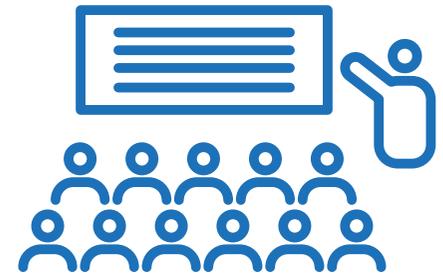
One-to-one sessions with pupils and teachers.



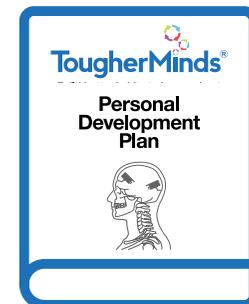
Bespoke resources and tools - including Performance Planners to boost health, happiness and performance. For pupils, teachers, parents and senior managers.



Events for the whole school community and stakeholders.



Teachers can learn how to model Tougher Minds strategies in the classroom, and they can be taught how to deliver our curriculums.



Me Power[®]

**Our Tougher Minds
Me Power[®] curriculum
trains pupils, teachers and
parents how to boost their
performance, their health
and their happiness.**

How can I
motivate myself?



How can I build
new habits?



How does my
brain work?



How can I improve
productivity & creativity?



How can I reduce stress
& build confidence?

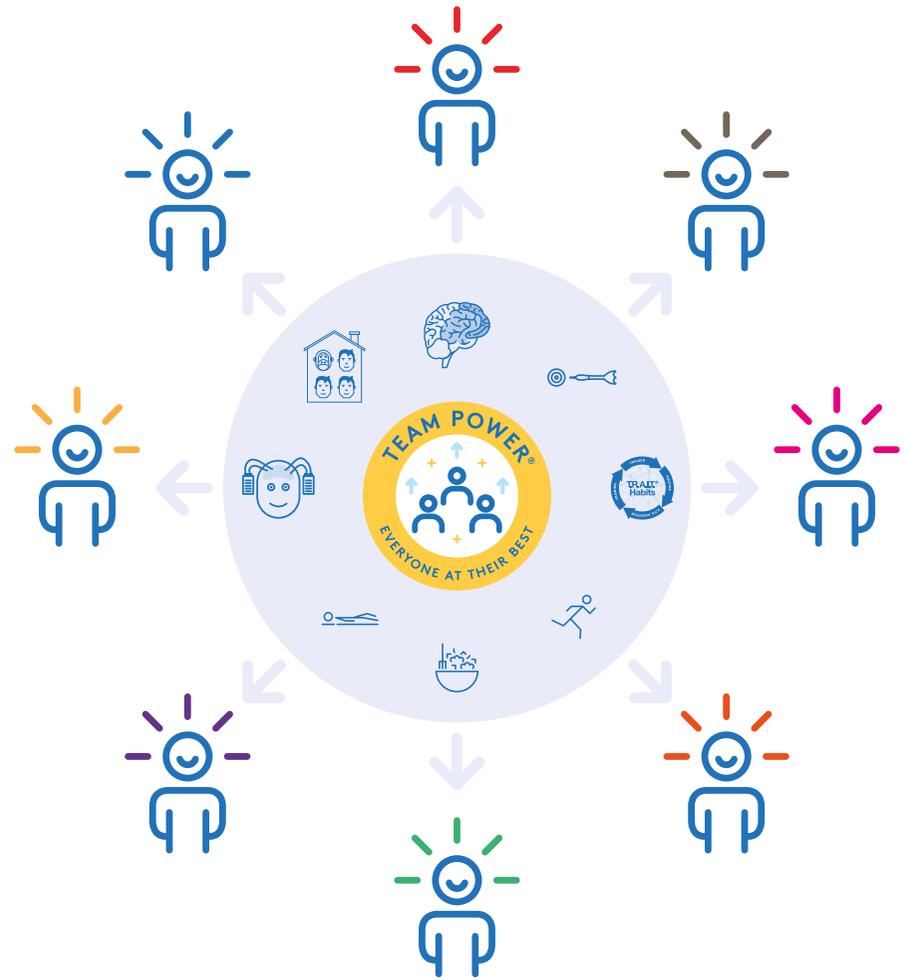


How can I improve my
sleep, diet and exercise?



Transformational Leaders

Those benefitting from the programme can be trained to be Transformational Leaders, so that they can help others change their lives, and create Team Power®.



The benefits
of running a
Tougher Minds
programme:

The pupils



Improves academic
performance
(GCSE and A Level).



Improved employability,
suitability for university
entrance and lifelong
learning.



Improved return
on investments
from scholarship
programmes.



Improved confidence and
positivity in pupils.



Improved extra-
curricular performance
and participation.



Enhanced pupil
relationships with
teachers, peers and
parents.



Improved behaviour,
resilience and
interpersonal skills.



Pupil feedback

“It taught me it’s not just about how much knowledge you have, it’s also about the positive mindset, confidence and positive thinking. It taught me about building up to my end goal.”

Jane, Year 8 pupil

“I’d never do my homework, I’d always be getting detentions, but since I’ve been doing the Tougher Minds programme I haven’t had a single detention and I’ve been getting my homework done..”

Eliza, Year 12 pupil

“I was able to improve my self-control straight away. That was a really useful session.”

Liam, Year 9 pupil

“It’s helped me focus a lot more and given me great tips about concentration. It’s also really helped me build my confidence, which is really important at exam time.”

Tilly, Year 13 pupil

“Without Tougher Minds I don’t think I would have achieved the grades I did. I went from Bs and Cs in my mocks to six A star grades. You feel proud of yourself, you feel you’ve achieved something.”

Sandy, Year 12 pupil

“Tougher Minds has made a major difference in my life, I can’t imagine my life without it. It’s made a positive impact in my sporting life and in the way I socialise with friends.”

Jake, Year 11 pupil



The school

The school can be accredited & formally designated as 'a Tougher Minds school'.

The teachers

Models excellent teaching practice and classroom techniques.

Effective and relevant career development for all teaching staff.

Improved staff morale and 'team spirit'.

Excels understanding of how to deliver optimal learning and teaching by using latest neuroscience.

Re-engage disengaged teachers.



Teacher feedback

"Tougher Minds empowers children to take charge of their own lives."

Headteacher

"It's significantly improved GCSE results. It's the best thing I've seen to boost learning by some distance."

Head of Department

"It has been shown that over 150 parents, considering us as a potential school for their children in Year Seven, have repeatedly identified Tougher Minds as the distinctive feature which attracted them to us. More than half mentioned it without prompting."

Head of Academic performance

"It was a lot more applicable which was useful. It really was accessible."

Newly qualified teacher

"What made it really good was the way they modelled good teaching practice. They made it fast paced and engaging, it couldn't have been much better!"

Trainee teacher

"Tougher Minds session a few months ago, fundamentally shifted my way of thinking about teaching. Wish I'd met them 10 years ago."

Executive Director, teacher training agency

"You tend to think of retaining information and exam performance as a magic science that some teachers have and some don't but it's really reassuring to know that there's a lot you can do about it. You can form good habits and you can help students develop self-control."

Senior teacher

"I found a lot in there to help my own teaching practice as well as teaching the kids to help their learning. Understanding the evidence base for Tougher Minds gives you great confidence in it."

Newly qualified teacher

Specific parent training programme.

Improved ability to support and enhance pupils learning in the home.

Strengthened connection between school and families.

Improved relationships with children.

Tangible "carry-over" benefits for parents' own business, occupational lives and health.

Parents pro-actively market your school to other parents.

The parents



Parent feedback

"The concepts, the processes and the techniques were very practical for my wife and I. It was applied knowledge with real things that actually make a difference."

Parent of Year 9 pupil and Change Manager, City of London

"It's an increasingly competitive world and the fact they have been through this programme, and have these skills, gives them a great foundation for going out into that big, wide world."

Parent of Year 13 pupils and Head of Sales

"It breeds a culture where children want to think about their methods of learning and how they're going to engage with their teachers and the subject matter and being ready and warmed up to learn."

Parent of Year 8 pupils and Business owner

"I came to do the programme to support my son with his studies but I also felt there was potential benefit to use these skills in a personal and work context and that's where the programme gives the school and pupil a real competitive advantage."

Parent of Year 12 pupil and Senior Manager, Financial services industry

"Tougher Minds is tangible for school pupils to get hold of. It has legitimised hard work. The thing is a self-perpetuating force for good."

Parent of Year 11 pupil and Barrister

"Tougher Minds empowers children to take charge of their own lives."



Headteacher

"It's significantly improved GCSE results. It's the best thing I've seen to boost learning by some distance."



Head of Department

If you feel Tougher Minds can help your school or your teachers, or if you would like to know more about our education training and performance programmes, please contact us via our website: tougherminds.co.uk

You can e-mail us directly on: contact@tougherminds.co.uk





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