



**Tougher
Minds[®]**

**Build better habits
to be your best**

Tougher Minds

**Resilience
Skills for
Families**



WINNER
Education Initiative of the Year

The award recognised Tougher Minds' work with Colfe's School, which included a resilience skills training programme.

Our 'Resilience Skills for Families' programme delivers a range of benefits, both for PARENTS and their CHILDREN.

It equips parents with simple and practical skills to support children's overall well-being and shows how best to support them in their studies and lives outside the classroom. Children can be included within the programme and receive key elements of the training.

Tougher Minds also helps parents improve their own performance and well-being in life and work. The programme creates a virtuous cycle of improved performance and positive behaviour change including:

- improvements in parent and child relationships.
- enhanced well-being, resilience and motivation for ALL members of the family.
- growth mindsets.
- increased academic achievement and personal performance.

Our programmes have a proven impact on parents and their children. They are suitable for any family.

Is this your child?

- Becomes stressed too easily, and does not react well to pressure?
- Easily loses concentration and focus?
- Procrastinates with homework?
- A high-achiever who could perform even better?

Feedback from parents who have experienced Tougher Minds programmes:

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



"It creates a culture in which they want to think about methods of learning, about engaging with their teachers and the subject matter and being ready and warmed up to learn."



"I came to do the programme to support my son with his studies but also felt there was potential benefit to use these skills in a personal and work context."



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



Feedback from pupils who have experienced Tougher Minds programmes:

"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."



"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."



"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."



"Tougher Minds has made a major difference in my life, I can't imagine my life without it. It has made a major difference to me and in the way I socialise with friends."



Tougher Minds received this letter from the parent of a Year 7 pupil who took part in our programme:

Dear Tougher Minds Team,

I thought I'd take this opportunity to put down in writing just how valuable the Tougher Minds programme has been for my daughter.

She joined Year 7 slightly nervous of change and considerably overwhelmed by the amount of homework and revision ahead of her. Although she is a self-motivated child and always prepared to work hard, she has a tendency to work hard but without focus, and her motivation is replaced by self-doubt when she becomes overwhelmed by the tasks ahead, as she can tend to do.

Tougher Minds has given her a clear framework to follow, allowing her to turn a wall of work into individual tasks she knows she can achieve. Planning her days this way are now a daily norm. Being a swimmer she trains five times a week and manages to juggle this commitment, her academic workload, school based sporting and extra-curricular music lessons without (too much) fuss or worry.

A big part of this is due to Tougher Minds and the practical techniques it has equipped her with that have helped her daily self-management. As parents we feared that the sport and extra-curricular activities especially choir would fall away, but Tougher Minds has taught her not just how to include these in her routine, but the importance of them.

I would like to thank Tougher Minds for their guidance. I think every child should be given the opportunity to learn the Tougher Minds techniques.

Yours Sincerely

Parent of Year 7 Pupil

Tougher Minds programmes offer benefits to parents with children of various ages and at key stages of their education.

Entrance and 11 plus exams

- for prep or primary school pupils preparing to secure entry into their first choice senior school.

Transition between schools/age groups

- for pupils making the transition between prep/primary to senior or secondary school.

GCSE Exams

- for pupils preparing for GCSE exams across a two year cycle.

Sixth Form

- for pupils studying for A level exams in school or sixth form college and also requiring life and employment skills. Plus university interview and entrance examination prep - including to Oxbridge and competitive areas such as medicine and law.

Tougher Minds delivers its 'Resilience Skills for Families', via a range of simple and practical methods:

In-depth training for parents

- Delivered in small groups.



E-learning tools and online support

- In-depth training programmes.
- Daily and weekly Will Power Boosters.



In-depth training for families

- For parents and children to learn together.



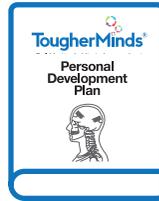
Bespoke resources and tools

- Including performance planners for parents and children.



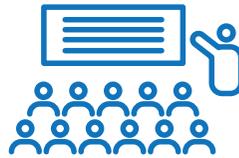
A Personal Development Plan

- To guide participants through the training programme.



Major Events

- Bite-size events for parents and children to attend together including Improve Exam Success and Improve School transitions.



Private training

- Private sessions for your family.



Tougher Minds programmes helps parents and their children to develop key mental skills and attributes

Build your confidence one helpful thought at a time.



Manage your sleep, diet & exercise to optimise your Activation.



Break your unhelpful habits with self-watching and Will Power.

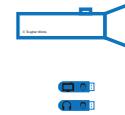


Supercharge your learning by testing what you have learned at the end of each day.



Neuroplasticity: cobwebs to cables.

Use focus words & pictures to boost your concentration.



Set yearly, weekly, & daily goals to boost your motivation.



Your self-control brain helps you to resist temptation and not act impulsively. Think before you speak or act so you don't do something that you will regret. Wait before making up your mind so that you do not jump to a conclusion or pre-judge. Keep going when things are difficult. Have the discipline to stay on a task and complete it. Resist temptations to quit because you are bored, you are frustrated, there are a lot more fun things to do, or continue to work when the reward is a long time coming. Don't beat yourself up when you have messed up. Keep believing in yourself. Manage your bad behaviour. Control your thoughts.



Don't allow yourself to give into temptation and act impulsively. Do things you should. Jump to conclusions. Have no discipline to keep going when things are difficult. Have no discipline to stay on a task and complete it. Resist temptations to quit because you are bored, you are frustrated, there are a lot more fun things to do, or continue to work when the reward is a long time coming. Don't believe in yourself. Making excuses for your bad behaviour. Worry about things that you cannot control.

Tougher Minds Resilience Skills for Families

Our training programmes
will boost well-being and
performance for every
member of your family.

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?



'Resilience Skills for Families' - programme overview

Our programmes comprise of six key elements:



1. An introduction to your **brain** - how to manage the A.P.E. Brain and enact personal change.



2. How to boost **motivation** - develop long and short-term motivation strategies.



3. How to focus **concentration** - understand concentration and how to control it.



4. How to supercharge **learning** - how the brain hard wires new information, and how to optimise learning and exam grades.



5. How to take control of **confidence** - introduction to emotional regulation and coping strategies.



6. **Planning for the future** - plan to maintain good habits, and how to build new ones.

The Tougher Minds 'Resilience Skills for Families' programme can be delivered via both in-depth and bite-size formats.

Tougher Minds consultants can also work with families 1:1 (either face-to-face at their homes or via online video call).

Families



Tougher Minds training delivers a range of benefits for families.



1

Enhanced resilience, well-being and emotional self-regulation.

2

Improved behaviour and mindset.

3

Strengthened connection between families and school.

4

Enhanced interpersonal skills and relationships for parents, pupils and teachers.

5

Improved collective morale.

6

Health and happiness increase.

Children

Tougher Minds training delivers a range of benefits for children.

1

Improved well-being of young people.

2

Improved behaviour, resilience and interpersonal skills.

3

Improves academic performance (GCSE and A Level).

4

Improved confidence and positivity in children.

5

Improved extra-curricular performance and participation.

6

Enhanced childrens relationships with teachers, peers and parents.

Feedback from school children who were asked what they had found beneficial in the Tougher Minds programme :

"Used KOSY to boost confidence."



"Self-watching to improve efficiency of revision."



"Used the Yes I Can Plan."



"Set goals to increase productivity."



"Use House of Confidence."



"Used Future Form to keep going on homework."



They were also asked how they now personally use the training :

"Leave phone outside room when revising and doing homework."



"Stopped buying sweets after school."



"Make a list every Friday of work to be completed that weekend."



"Developed evening routine involving homework, sleep and use of phone."



"Move away from friends when working."



"Realising small tasks help achieve long-term goals."



Parents

Tougher Minds training delivers a range of benefits for parents.

1

Improved ability to support and enhance children's learning in the home.

2

Improved relationships with children.

3

Improved confidence and positivity and well-being.

4

Increase in personal productivity.

5

Development of beneficial habits for everyday life.

6

Tangible carry over to business life and general health.



Feedback on Tougher Minds programmes. This is drawn from a range of families who have experienced our training:

"I started Tougher Minds when I was in Year 11, now I'm in medical school, which is really hard to get into. I think it's helped me get good grades and a set great foundation for my work ethic for medical school. I feel it would have been a lot harder without Tougher Minds."

Millie, Medical student

"I'd recommend Tougher Minds to anyone. Learning that you can tackle something with small steps, which motivate you, helps you to achieve things you thought you never could."

Max, Westminster School Sixth Former

"Without Tougher Minds I do not think that I would have achieved the grades I did."

Sam, Year 12 pupil

"My grades have improved and I know for a fact they're increasing. Since I started it, it's made me more organised and more consistent with my work."

Will, Year 11 pupil

"It's very engaging and very easy to understand. The training helps you remain motivated and shows how you can improve personally and help others."

*Teaching Fellow,
Russell Group University
Business School*

"The programme gives the school and pupil a real competitive advantage."

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

“The Tougher Minds approach helps me get the most out of my working day.”



*Senior Sales Executive,
Multi-national Company.*

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



Headteacher.

“I would like to thank Tougher Minds for their guidance. I think every child should be given the opportunity to learn these techniques.”



- Parent of Year 7 pupil.

If you feel Tougher Minds can help you and your family, or if you would like to know more about our training programmes, please contact us via our website: tougherminds.co.uk
You can email us directly on: contact@tougherminds.co.uk





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