REAL CLEAR | COACHING TRAINING ADVICE

MENTAL FITNESS *workshop*

> *"The workshop was highly engaging and Maia guided the learners through each activity with respect and encouragement."*
>
> **Rachel Dawson,** Teacher at UTC

In a complex and uncertain world we think it's more important than ever that young people can access a mental fitness framework that's simple to understand, easy to apply and transferrable to every situation. Our **1-hour Mental Fitness workshop for young people** is designed to get them thinking about mental health in a different way using our unique Four Core Muscles model.

The workshop gets the students thinking about their own strengths, moving around the room, talking to each other and the trainer in small groups and hopefully sharing with the class. They'll go away with some free resources, including Mental Fitness exercises to try, a free mini quiz and a workbook.

What is Mental Fitness?

Being **mentally**, **emotionally** and **socially** well enough to handle life and studies.

Our perspective on Mental Fitness

Lisa, Leader of Real Clear:
"From years of study, research, working with people, plus my own lived experience, I recognised traits we can all strengthen, regardless of personality and background. These traits help achieve outcomes that better serve the world as well as ourselves.

Over time, I organised the traits into groups of 'muscles', using this metaphor as a reminder that we can strengthen them. My neuroscience studies have since shown me that brains, while not muscular, work in similar way. This work over 30 years, led me to develop the Four Core Muscles of Mental Fitness model, which sits at the heart of all our work at Real Clear."

The Four Core Muscles of Mental Fitness



Our model focuses on four core areas:
Self Care: How you relate to yourself internally.
Self Organisation: How you manage your attention, thinking and mental energy.
Self Development: How you approach growth and challenge.
People Skills: How we connect with and understand others.

FAQs

Who is this workshop for?

Young people in secondary schools, sixth forms, colleges, universities or youth groups. We can accommodate between 10 and 30 students per workshop, and can tailor workshops e.g. exams/revision related for students doing their GCSEs.

How much does the workshop cost?

We currently have a special offer of 50% off our workshops as a give-back.

1-hour workshop: £75 plus VAT (down from £150 plus VAT)
1 day - 4 x 1-hour workshops: £290 plus VAT (usually £580 plus VAT)

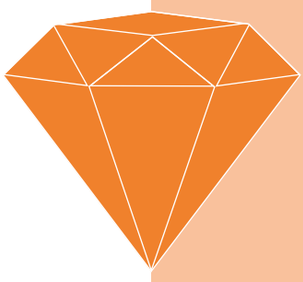
We also charge mileage for workshops delivered outside of Sheffield, where we're based.

What do you need from us to deliver the workshop?

We need a space with tables for the students to write on, plus enough floor space for activities involving moving around the room. We have a PowerPoint presentation that we'll need to display on a large screen or projector. We also require a few resources to be printed for the students ahead of time, and a staff member to be present for the duration of the workshop.

Is the workshop approprate for all students?

Generally yes, and many young people with anxiety have found this workshop useful, however we'd ask you to use your professional judgement. If you know that a young person is really struggling with their mental health and don't feel that this would be appropriate for them, we recommend considering other sources of support. If a student is happy to work with a group and take part in activities, this workshop could be helpful for them.



Want to know more?

If you'd like to book a workshop or have any questions we haven't answered here, please get in touch using the button on the right.

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