

First Impressions Lasting Results for Year 12 Students

Finishing year 12 can be a daunting time for a lot of students. Some of the problems faced when transitioning in to university, the workplace, or even a gap year are:

- Lack of planning and preparation
- Poor communication between peers, family, tutors and the workplace
- Negative mindset under change or stress
- Difficulties working in groups
- The inability to support themselves financially
- Insufficient knowledge of the resources available

All of these problems stem from a breakdown in, or absence of conscious communication and preparation. Our aim is to provide year 12 students with the mindset, skillset and toolset to succeed in their transition and beyond. They will gain the confidence and courage to communicate positively and prepare to succeed in job interviews and in the workplace. Incorporating the deep learning competencies, these four workshops will cover:

- Behaviour style, body language and communication
 - How we are likely to behave in a given situation, and how we can communicate positively with ourselves and others
 - Altering our body's physiology, we can achieve an immediate change of our emotional state through our non-verbal cues for consciously connecting
- First 7 seconds
 - First impressions, lasting results
 - We make our first impression in 7 seconds, whether on our social media profiles, face to face, or through the phone
 - Developing the million-dollar handshake
- Working in groups
 - Are your group members difficult? Or just different...
 - Understanding the benefits of group work
 - How to be a great team player, creating a level playing field, and finding a win-win situation
- Planning and Preparation
 - Putting an end to procrastination
 - Managing your workload

Workshops can be delivered in multiple formats. A one-day bespoke workshop covering two topics of your choosing, a two-day intensive workshop, consisting of all four topics, or four half-day workshops split up over dates of your choosing, covering one topic per workshop. We also provide a one-hour keynote presentation on a single topic of your choosing.