



ANDY WORKMAN
MINDSET SPECIALIST

**STUDENTS
WELFARE & MINDSET
PRESENTATIONS**



"As the Student Welfare Manager at Mountview, I am always looking for ways to support our student body with their mental and emotional wellbeing. We were so excited to welcome Andy to Mountview, where he ran sessions for our first and second year undergraduate performance students. Andy's method of infusing his talks with fun and humour worked so well, and he managed to teach everybody some new things about how the brain functions and what we can do to have a positive mind set, especially when dealing with stressful situations. I'd recommend Andy's presentation to any institution that wants to support, encourage and educate their students on the importance of looking after one's mental health – it really was invaluable!"

AMY BARBER

STUDENT WELFARE MANAGER

MOUNTVIEW

ACADEMY OF THEATRE ARTS

HOW CAN I HELP?

Prevention is *a*lways better than cure.

I come into schools, academies, colleges and universities to assist the staff and, more importantly, the students in dealing with the treatment or prevention of mental health problems.

By delivering a specifically adapted version of 'Cavemen and Polar Bears', I help students to understand:

- Potential causes of stress, anxiety and depression,
- How our mind works and just how much control we have over it,
- Everyday measures that they can easily use to keep those conditions at bay,
- How gaining better control of your mood and mindset will dramatically improve your ability to learn, retain and recall the information we need to use in our studies and subsequent success,
- Why it is so vital that your "self talk" is positive and constructive.

HOW DO I WORK?

I provide my presentation in a manner that suits your needs.

My delivery is supported by PowerPoint slides to illustrate the points made.

I am willing and able to attend and work at any time, any place and anywhere.

If you need me at a morning registration or "assembly" type meeting - we can do that.

If you want to arrange a specific lesson or lecture within your working day - we can do that.

If arranging a lunchtime or "after school" session better suits your needs - guess what? We can do that.

Attendee numbers are not an issue. Whether you want me to speak to a large auditorium full of people, a particular year group or faculty, a classroom of students or a select few - that's fine.

If you want to open the event to staff, governors, parents or business partners - that's fine too. You know your needs better than anyone else.

If your chosen venue doesn't have the equipment necessary to deliver a PowerPoint presentation, that's not a problem. I have everything we need to deliver the full presentation - all we need is one electricity connection and we're off!

WHAT ARE THE BENEFITS?

- Facts and information, that are possibly life changing, for those who are already suffering mental health issues
- Preventive strategies for everyone
- Reinforcement for staff or others providing student support services
- Potentially improved results due to improved concentration, retention and recall
- Lowered demand on support services due to students being more resilient and self reliant
- Fulfilment of responsibility and obligation to offer care, support and encouragement in relation to student welfare.
- Peace of mind that you have done what you can, and more than most, to afford every student a study experience that is safe, supportive, encouraging, empowering and enjoyable.

WHAT DOES IT COST?

In recognition of the vital need for this training, along with restricted budgets, I am pleased to offer my services to schools, academies, colleges and universities at 20% less than my standard corporate rate.

Just let me know your requirements regarding timing, location, venue and budget and I will ensure that I meet your needs affordably.

What do I do now?

If you feel your students could benefit from less stress, anxiety or depression,

If you want to help them become more resilient,

If you would like to afford them the best opportunity for good results,

Just contact me at info@andyworkman.co.uk