





Role Models In-Person Courses Overview

Active learning	Ambitious content	Serious fun
<p>Brilliant Me Courses</p> <p>Ages 5-7</p>	<p>Brilliant Me & My Confidence </p> <p>Brilliant Me & My Mind </p> <p>Brilliant Me & My Feelings </p> <p>Brilliant Me & My Ideas </p>	<ul style="list-style-type: none">• 5 day course 10am-3pm• Games, fun & building confidence• Learning through stories - 2 per day• Creative activities and games• 12 children to 2 adults (1 RM Staff & 1 support)• Parent webinar• Follow up ten top tips for parents• List of 10 books shared• Follow up videos x3• Passport & certificate• Personalised written report
<p>Core Life Skills Courses</p> <p>Ages 8-11</p>	<p>Collaboration </p> <p>Resilience </p> <p>Leadership </p> <p>Creative Problem Solving </p>	<ul style="list-style-type: none">• 5 day course 10am-3pm• Theory, concepts & discussions• Games, challenges & team activities• Daily written reflection• 15 children to 2 adults (1 RM Staff & 1 support)• Parent webinar• Follow up ten top tips for parents• Follow up videos x3• Passport & certificate• Personalised written report

Brilliant Me Themes | Ages 5-7

This course teaches children how to:

Brilliant Me & My Confidence



- Feel confident
- Learn to like themselves
- Feel liked and accepted
- Feel proud of what they can do
- Think good things about themselves
- Believe in themselves

A great foundation for all children, particularly those who:

- Could celebrate their successes more
- Need to focus on their strengths
- Can be shy in certain situations
- Don't always speak up
- Lack assertiveness
- Could further bolster their confidence

Brilliant Me & My Mind



- Move away from perfectionism
- Learn to take risks and try new things
- Let go of fearing mistakes and failure
- Believe in their own capabilities
- Learn to feel positive when facing a challenge
- Move from 'I can't' to 'I can't YET'

- Compare themselves to others
- Can be reluctant to try new things
- Worry about making mistakes
- Can have a negative mindset
- Need to focus on what they can do
- Don't always believe in themselves

Brilliant Me & My Feelings



- Recognise and identify BIG feelings & emotions
- Manage frustration
- Develop ways to self-regulate
- Know how to deal with worries & nerves
- Learn why kindness is important
- Stay curious; some feelings hide behind others

- Could understand more about big emotions
- Sometimes need help to calm themselves with worries
- Can sometimes be overwhelmed
- Can't always recognise their feelings
- Don't always see how their actions impact others
- Can't always recognise how others feel

Brilliant Me & My Ideas



- Develop their imagination & curiosity
- Have confidence in their own ideas
- Develop and nurture an idea
- Understand there are many different ways to be 'smart'
- Believe in their ideas even when others shoot them down
- Dream big & realise their potential

- Could develop their creativity further
- Sometimes shy away from sharing their ideas
- Need to see that creative talents are just as impressive as academia
- Limit their creative thinking for fear of being 'wrong'
- Struggle to run with their imagination
- Find it hard to build an idea into something

Core Life Skills Themes | Ages 8-11

This course teaches children:

A great foundation for all children, particularly those who:

Collaboration

- Self confidence
- Communication skills
- How to really listen
- Teamwork
- Public speaking
- Presenting
- Body language
- Interview practice
- Debating skills

- Could improve their listening skills
- Could develop their teamwork
- Can be shy / aloof in certain situations
- Are anxious about public speaking
- Could be even better in interviews
- Don't always assert themselves
- Gravitate towards working alone

Resilience

- Resilience
- Reacting to change / setbacks
- Mindset & The Power of YET
- Avoiding thought traps
- Growth mindset
- How to handle making mistakes
- Mindfulness and gratitude
- Dealing with adversity
- Going outside of their comfort zone

- Show traits of perfectionism
- Don't see the benefit of mistakes
- Could strengthen their self-belief
- Don't seek challenges
- Would like to be more positive
- Can have unhelpful thoughts
- Worry about things

Leadership

- Empathy
- Understanding others
- Recognising your strengths
- Getting the best from others
- Prioritising
- Connecting and interacting effectively
- Leadership language
- Trust and respect
- Leading a team / collective effort

- Want to make a positive impact
- Lack confidence in leading others
- Need help seeing their strengths
- Could develop their empathy
- Are unaware of their impact on others
- Can be overly confident
- Want to understand themselves better

Creative Problem Solving

- Problem solving
- Strategising
- Creative thinking
- Brainstorming
- Assertiveness
- Critical thinking
- Making decisions and judgements
- Innovation
- Original ideas

- Could think more independently
- Could make better decisions
- Fail to see their creativity as a strength
- Might hold back on their ideas
- May find it hard to solve problems
- Want to develop their innovation skills
- Lack practice in strategising