

ASPIRE²ME



MOTIVATIONAL WORKSHOP DAY

On behalf of



What is Aspire 2 Me?

Our Aspire2Me programme delivers motivational and inspirational assemblies and workshops to your learners. Chosen by DANCOP, Aspire2Me helps activate disengaged learners in working towards achieving their goals in education, a career and life. Through very practical activities and relevant content learners are challenged by athletes and staff to raise their aspirations and work ethic. Our programme will fortify learners with the tools they need to reach their potential like attaining Higher Education and desirable career pathways.

Due to the current restrictions presented by Covid-19 **our workshops can be delivered through a blended learning experience**. They will commence with one of our motivational speakers doing an assembly session with the whole year group, followed by workshop sessions delivered by the speaker and another Learn by Design educational communicator, to a class at a time, across the rest of the school day.

Example of the delivery method - based on a year group of 240 learners

This is based on a five period timetable day, as in our experience this is a model used in the majority of schools. However we are used to adapting our provision to suite each individual schools' needs where appropriate.



240 learners



4 groups of 60 learners (either as 1 group or split into 2 groups of 30)

| | Group 1 | Group 2 | Group 3 | Group 4 |
|----------|------------------|----------|----------|----------|
| Period 1 | Assembly session | | | |
| Period 2 | Workshop | | | |
| Period 3 | | Workshop | | |
| Period 4 | | | Workshop | |
| Period 5 | | | | Workshop |

Assembly:

The young people will receive an engaging insight into the speaker's own journey to success. The content will naturally differ slightly, dependant on the speaker and their own experiences, however they will all demonstrate where they have personally overcome barriers, such as injury, non-team selection, withdrawal of funding or similar. The motivational speakers will also reiterate the importance of attaining Higher Education and/or career pathways whilst pursuing careers in sport, illustrating that importance using their own life situations. All of our delivery team are energetic and engaging and have significant experience of this form of work. All students will also receive a physical logbook/journey passport where they can keep a record of what they experience, learn or become inspired to achieve.

All sessions COVID Compliant

The workshop

Within the workshop session the young people will reflect on their own personal skills, knowledge and attributes and how to utilise these to thrive in their current education setting and how these can be developed to assist with their progression to higher education. The session will include problem solving, risk taking and creative thinking looking at dealing with challenges in everyday life and developing action plans to assist in overcoming barriers. This intervention will help improve behaviour, social integration, and positive character traits. It will build confidence in their ability to meet their short-term academic targets by highlighting the relevance of these to their long-term future destination choices. It will also stretch the participants, intellectually and emotionally.

New Digital online Delivery option - with teacher support

The Assembly: This activity will be facilitated with a full group of learners via a live online stream. The stream can be played across several classrooms at once, allowing for multiple sessions. Resources provided for the session include a worksheet and diagrams that learners are encouraged to record their experiences, reflections and aspirations for their future.

The Workshop: We will run this activity with a class at a time via an online live stream. Teachers will need to support managing the classroom and mediate questions through a chat/question and answer function. The session can include online pre-recorded Powerpoint films, with access to resource activities.



KELVIN BATEY

Kelvin is a World BMX Champion and has a passion for education and seeing young people reach their potential.

Working in secondary education for six years in a PE department, where he became a qualified teacher, Kelvin branched into working with pupils at risk of leaving school with no qualifications. He worked with pupils on a Public Services Level One course where every student was able to achieve a pass over the 3 years he ran the course.

Running a BMX Team for five years, Kelvin had some very talented riders on the team in that period with 3 of them moving onto the British Cycling Talent squad when they left school. They moved up to Manchester where they were able to follow their dreams of being full-time professional cyclists, with two of them having left school as NEET. Being a mentor and coach to these riders over the time they rode for Kelvin's team each one of them said that Kelvin had installed a great work ethic in them to be able to chase their goals and achieve big things.

Kelvin has worked on National Citizen Service delivery days, Dame Kelly Holmes Trust projects including 'Get on Track' and Aspiring Minds days and delivered programmes in challenging environments, such as Pupil Referral Units.

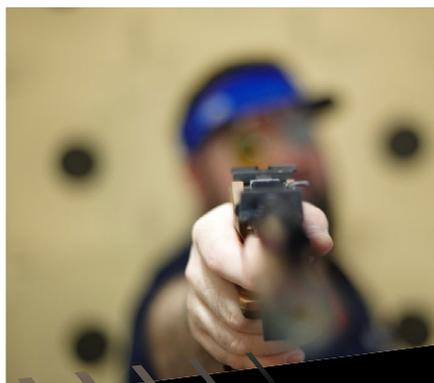
STEPHEN FREW

Stephen is a member of Disabled Shooting Great Britain where he shoots pistol as part of the medal potential GB squad. He shot his first international competition in 2014. He currently shoots 3 disciplines which include 10m, 25m rapid fire and 50m free pistol.

British Shootings plan for Stephen is to be part of the Paris Paralympics team in 2024 where they believe he has the potential to be a medal winner.

Stephen is a wheelchair user and started shooting in 2012 as a response to the Year of Disabled Sport which coincided with him reaching a stable medical condition after 4 major surgeries and 4 years of rehabilitation.

Stephen was no stranger to disability as he was born with both hearing and specific learning impairments. Despite him being in the bottom 0.2% of the population when it comes to writing and spelling he found a way to achieve academically which includes degrees, a master's degree and diplomas. Stephen now shares his love of education working as a Senior Education Communicator.





JARED PATEL

Jared is an aeronautical engineering graduate with a passion for education and what it can achieve. As well as this, he enjoys sport and plays as much of it as he can. Jared spent 7 years as a table tennis international between 2007 and 2014.

He thinks teaching young people, and indeed anyone, to believe in themselves and aspire to reach their potential is the most important thing you can give them.

After leaving school, he ran the school camp where the whole school goes away camping and worked on the NCS programme as a team leader. He also assisted in running two outdoor pursuit and sailing weeks for young people in Chichester.

Jared now works in the Delivery Team for Learn by Design where he has been for three years. This means going out to hundreds of UK schools a year and running practical workshops through a variety of delivery methods on lots of topics including STEM, sport, and business. This makes for a very dynamic environment where every day is different. The results of this are that he sees young people grow in confidence and aspiration in all sorts of ways all the time. He may only see them for a short time but can make such a huge difference.

PAIGE GRIFFIN

Paige has had a lifelong passion for education and the opportunities it can provide. It has been important to her to incorporate lessons learnt through sport to help and inspire other people.

Paige's education journey was far from straight forward requiring her to learn how to flourish in a high-pressure environment. At the end of her GCSEs, Paige finished in the top 5 of her school, preparing her for a great future.

Personal challenges and an increase in all-round pressure resulted in Paige moving from the top of her year group to scraping through her A-levels. It was during her studies that Paige turned to sport and Tae Kwon-Do, developing an indomitable spirit.

Tae Kwon-Do taught Paige some fantastic life skills that she imparts to learners working as an Education Communicator; her key ambition is to share the importance of perseverance in all parts of life. Facing a knockback and to come back fighting is an important attribute for learners to have.

Despite not achieving the desired A-level results, Paige did not give up and went on to study Childhood Studies at university and graduated with a high 2:1 honours degree. This sits as one of her best achievements to date – alongside winning a gold medal at the Tae Kwon-Do British Championships 2012 and winning a bronze and a silver medal at the World Championships in 2013.



How to book

To book your Motivational day please email this completed form to joannelong@bydesign-group.co.uk

Name

School

Please let us know your 5 preferred dates:

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If you would prefer a certain motivational speaker or particular focus of content within the workshop, please state here and we will do our best to accommodate your request:

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Please note that as part of receiving these funded resources, DANCOP require:

- Completed EMWPREP forms
- A completed DANCOP register for DANCOP learners attending the activity – download template [here](#)

Please let us know if this will be completed before the activity (preferable) or after the activity. If you would like any support with these documents or have any questions, please contact jaredpatel@bydesign-group.co.uk who can take you through it step by step.

Online Learner Portal

As part of the online motivational workshops / talks, students will be provided with access to the password protected Aspire2Me online portal.

As well as the portal including pre-recorded motivational talks, a whole range of motivational worksheets can be found that will have additional material added over the coming weeks and months.



The logo for Aspire2Me features the word 'ASPIRE' in white, with a vertical stack of three orange arrows pointing upwards through the letter 'I'. To the right of 'ASPIRE' is a large white number '2' with a curved orange arrow pointing upwards and to the right, followed by the letters 'ME' in white.

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