



# POST PRIMARY WORKSHOPS

RESILIENCE, MOTIVATION, EXAMS

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## WHO, WHY & WHAT?

### WHO ARE HIP?

We are a performance psychology company. We work in schools, sport and corporate settings. HIP stands for Helping Improve Performance; this is at the crux of everything we do.

### THE WHY OF HIP?

During five years of working in education, we observed a number of negative trends in school settings. This inspired us to create an array of post-primary school programmes.

### WHAT PROGRAMS DO HIP DELIVER TO POST PRIMARY SCHOOLS?

We deliver high impact workshops to pupils, parents and staff.

We focus on:

- Motivation
- Resilience
- Overcoming Exam Pressure
- Study Skills

### WHY CHOOSE HIP PROGRAMS?

All of our sessions have two criteria:

1. **Evidence-based**- with a Masters degree in Psychology, everything we teach is researched, practical and relatable. Participants leave our workshops with the ability to implement our workshop teachings on a daily basis.
2. **Fun**- through an interactive approach we create a fun learning environment for all.

**THE CORE OF MOTIVATION:**

The pupils will discover the motivational power of their 'why'. They will be encouraged to align this with their dream career/s. They will be taught how to set targets and come to understand the difference between outcome, process and daily goals.

**WORK ETHIC:****Work Hard**

The message 'hard work beats talent when talent doesn't work hard' will be strongly emphasised. The pupils will uncover what hard work looks like within their studies.

**Work Consistently**

The pupils will understand the value in taking a consistent approach to their work. They will be taught that allowing information to build up can lead to 'information paralysis'. This can lead to stressful cramming, resulting in underperformance. The session will provide tips on how to break work into consistent and manageable blocks.

**Work Smart**

The students will learn how to make smarter use of their time spent studying. They will identify both common and personal distractions that hinder study and put in place strategies to overcome these.

**PRIORITISATION**

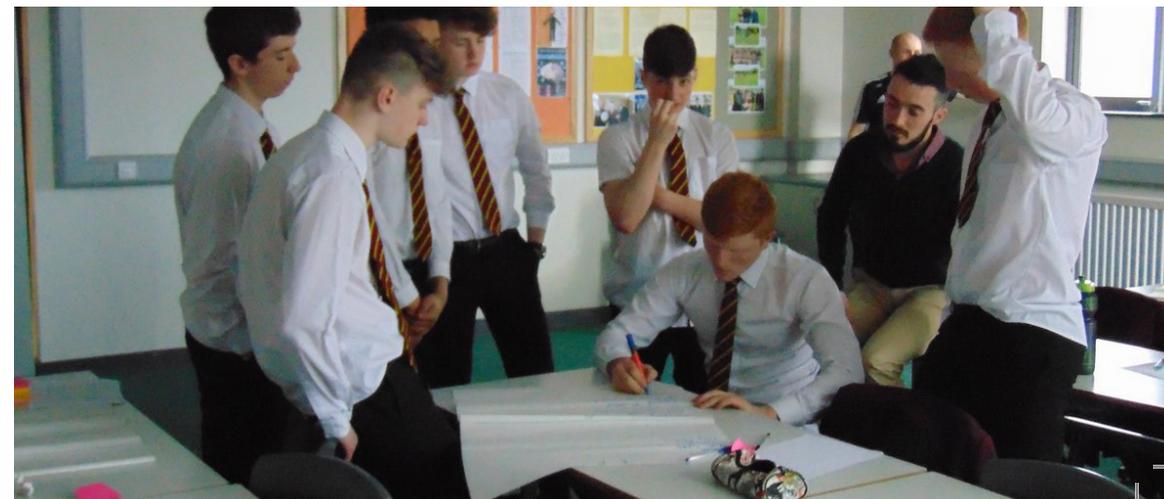
The participants will be taught the urgency/importance matrix, uncovering how to prioritise their work and manage time effectively. They will realise the importance of 'keeping the main things the main things.'



# MOTIVATION FOR EXCELLENCE

A fun and interactive workshop with content delivered via video, tasks and an interactive quiz. The session integrates psychological theory and research with real life and

relatable examples. The workshop features powerful teachings from high profile figures within the world of sport, popular culture and politics. The session includes the following:



**FOCUS ON YOURSELF:**

The pupils will comprehend the significance of focusing on themselves. The session will highlight, firstly, the dangers of using other people as the main reference point and, secondly, the power in taking accountability for yourself. **Swim your own lane.**

**ACCEPTANCE:**

The students will understand that setbacks in life are inevitable. They will uncover typical setbacks that pupils their age may face and examine both adaptive and maladaptive responses to these. **We can't control all that happens to us but we can control our response.**

**SMALL CHANGES MAKE A BIG DIFFERENCE:**

Based on the latest research, the pupils will be taught five simple and practical resilience-enhancing strategies. They will be encouraged to make these strategies habitual. **We are what we repeatedly do.**

**RESILIENCE MINDSET:**

The participants will be educated on the powerful cognitive behavioural framework of psychology (thoughts affect feelings, feelings affect behaviours). They will examine this model through school based examples. The pupils will be challenged to think about situations from different perspectives. **When we change the way we look at things, the things we look at change.**

# RESILIENCE

The workshop is underpinned by teachings from leading psychologists in the field of resilience. Their findings are supported by real-life examples of resilience across show business, sport, politics and the military. The session highlights examples of 'ordinary' people

displaying 'extraordinary' resilience. The workshop is delivered through a fun and interactive format, including discussions (pupil-pupil and practitioner-pupil), tasks, videos, stories and games. The content of the workshop is:



**CONFIDENCE:**

Students will learn how to maintain and develop belief in all scenarios they face in their lives. They will be taught the skill of self-talk, exploring its relationship with confidence. They will come to realise when their beliefs are irrationally negative and learn how to 'put doubts into doubts.'

**CONTROL:**

The participants will discover how to gain control in the build-up to pressure inducing events. They will understand how to maintain emotional control in the midst of stressful situations to enable clarity of thought under pressure.

**LETTING GO:**

The pupils will be taught how to let go of mistakes and the positive impact this has. They will learn how to recover from setbacks, both in the midst of and after a performance. Additionally, they will comprehend the power of letting go of worries and different techniques that can facilitate this process.

**EXAM SIMULATION:**

The students will examine the importance of simulating their study conditions to meet exam conditions, with a particular emphasis on the test environment and test technique. **Under pressure, we revert to habit.**

# OVERCOMING EXAM PRESSURE



HIP are the current sports psychology support to the Ulster Rugby Academy. This workshop will teach students key psychological skills from the world of elite sport.

This workshop teaches pupils psychological skills to help them excel in different pressure scenarios they face in life. The session uncovers key lessons from individuals who consistently deliver their best performances in

pressure situations. The workshop has a fun focus. This is met through using tasks, impact techniques, videos and stories. All our teachings are underpinned by research. The workshop covers the following:



# STUDY SKILLS

**Pupils will understand the importance of effective study and how to do it. The session will cover both study techniques and methods. By the end of the session, the students will have a template of how to store information into their long term memory. They will also comprehend 'study blocks,'**

**which will make the process of study scheduling more simplistic, allowing them to be more efficient with their time. The workshop will complement research with fun activities and powerful examples from politics, sport and show business. Small group discussions and tasks will be utilised within this interactive workshop.**



## STUDY COMPONENT 1: REVISION.

The workshop will take the pupils through our three phases of revision. Learning. Retaining and Performing.

**Phase 1 - Learning:** Our learning phase has four distinct repetitions:

- Repetition 1. - Making sense of it.
- Repetition 2. - What's important.
- Repetition 3. - Owning it.
- Repetition 4. - Simplifying it.

**Phase 2 - Retaining:** Based on the powerful study technique of practice testing, the pupils will understand how to retain the information they covered in the learning phase. The session will explore the research findings in relation to practice testing. The workshop will demonstrate to pupils the different forms of practice testing.

**Phase 3 - Performing:** 'Under pressure, we don't rise to the occasion, we fall to the levels of our study.' The session will teach pupils how to simulate their study conditions, to enhance their ability to perform to their best under exam conditions.



## STUDY COMPONENT 2: REST

Pupils will realise the power of 'recharging their batteries' within each block of their study schedule. A number of different effective rest techniques will be taught to the students. All techniques are scientifically proven to aid with stress management or memory retention.



## STUDY COMPONENT 3: REVIEW

There will be a strong emphasis on cementing information into the long term memory. Different review methods that facilitate this process will be taught to the pupils.



## PREPARATION TO PERFORM

The session will explore different methods to ensure pupils understand how to prepare their body and mind to consistently meet excellence. How you perform is a direct reflection on how you prepare.





### 1. STRESS MANAGEMENT:

We define stress as **perceived demands outweighing perceived resources**. In this workshop, staff explore six effective resources to help bring balance to their stress experience.



### 2. HIGH-LEVEL COLLABORATION:

This workshop uncovers the five keys to ensuring staff collaboration is at a premium. They include impact of work, meaning of work, structure and clarity, dependability and psychological safety. Staff will commit to implementing bespoke strategies to ensure they are truly working as a team.



### 3. EFFECTIVE COMMUNICATION:

Staff will learn methods that lead to functional communication. They will explore techniques in the art of listening and the impact this can have in developing relationships. The participants will understand how to deliver and receive fair criticism. The workshop will examine the outcomes that different forms of praise can have. The session will look at different ways of responding and how these can strengthen relationships.

# STAFF DEVELOPMENT

**"An investment in the growth and development of your employees will come back to your organisation five-fold."** -Dr. Kim Hoogeveen

All our workshops are delivered in an interactive format with a mix of presenter led delivery, group tasks, discussions, the use of video and real life examples to reinforce key messages. We utilise cutting-edge research, staff will take away practical strategies to add value to themselves, your pupils and your school.

Our workshops can be used for twilight training, as part of individual school CPD or cluster sessions.





# PARENTAL EVENINGS

HIP delivers parental workshops covering similar themes to our pupil workshops. We find this to be an extremely effective method to ensure that key messages are further reinforced in the homelife. These sessions allow parents to reflect on their philosophies around parenting. We provide parents with evidence-based strategies that lead to an improvement in child well-being and performance. As with all HIP workshops, we strive to make it an engaging and fun session.

## Other HIP Services

HIP provides support to sports teams, clubs and individual athletes, acting as part of the multi-disciplinary backroom team within the Ulster Rugby Academy. We provide sport psychology services to the players and staff within this professional sports organisation. HIP works within the GAA at county and senior club level. We additionally support a number of international athletes across a variety of sports.

HIP works with businesses and organisations, focusing on leadership improvement, staff development and keynote speeches to an array of clients.

We deliver workshops to primary schools offering workshops on "Anti-Bullying," "Transitions" and "Transfer Test Preparation."



# TESTIMONIALS

"HIP delivered workshops to both our year 13s (exam preparation) and year 14s (resilience). The sessions contained real-life scenarios, with examples our students could relate to, allowing core messages to be really embedded. The students thoroughly enjoyed and benefited greatly from the workshops. There was a buzz of excitement around the hall and a realisation that everyone can achieve through focusing on themselves. The workshops were value for money. I believe we will see its true benefit in August on Results Day."

**Mr. Peter Hynes, Head of Year 14, St Malachy's High School, Castlewellan.**

"The HIP pre-exam study skills session was of great benefit to our year 12 pupils. The session helped them develop robust strategies to add value to

their preparation, revision and learning environment. There was a nice balance between interaction and group work, which led to high levels of pupil engagement."

**Mr. Sam Gamble, Learning Mentor Year 12, Royal Belfast Academical Institute.**

"HIP delivered workshops to our pupils on different occasions, including sessions to year 9, year 11 and year 12 groups. Although the various sessions focused on different themes, the common thread throughout was a workshop that the pupils could relate to and found enjoyable. The important strategies and key messages taught had a massive impact on our students in the classroom and beyond."

**Mrs. Claire Mc Mahon, Head of Year 12, St Columbanus' College, Bangor.**

"We first had HIP in our school working with our year 14 girls around managing exam pressures. On the back of this successful workshop, we invited HIP back in to deliver modules to our students around exam preparation and motivation. We have found all sessions to be hugely beneficial to our students and would recommend HIP services to other schools."

**Mr. Gareth McKillen, Vice Principal, Down High School, Downpatrick.**

"Our year 13 boys and the year 13 girls from Our Lady's Grammar jointly took part in a HIP "motivation for excellence" workshop. The pupils came away from the session with a greater focus, the ability to prioritise and a sense of purpose for the year ahead. The workshop was very practical with the boys and

girls able to relate to it. The session was interactive, fun and educational."

**Ms. Victoria Archer, Head of Year, St Colman's College Newry.**



Current Performance  
Psychology Service  
Providers - **Ulster Rugby**

