



**Inspiring, Interactive Programmes for Schools**  
**Mindset • Motivation • Study Skills**



# WHO ARE AMAZING BRAINS?

**We are a vibrant, dynamic organisation that exists to help every young person get the very best from themselves! How do we do this? By working in partnership with schools and universities to inspire students to develop a Growth Mindset and the essential skills needed for success. Why?**

Because we believe young people are amazing, every one unique, every one intelligent. We want to inspire students of all ages to take control of their

own future, discover their own unique talents and latent potential, but most importantly become the authors of their own life stories. We have developed an extensive range of research informed educational programmes that are interactive, practical, relevant and highly engaging. During our workshops students immerse themselves in action packed challenging activities, with the aim of encouraging active and collaborative learning.

## What Makes Us Different?

We are unique for our three pronged approach, engaging young people, their teachers and parents/guardians. In the last 2 years we have worked with over 60,000 participants. Last year our 'Parent Power' Project for Secondary school parents was nominated for a National Lottery Award and the organisation was given a One to Watch award from Social Enterprise Northern Ireland. Our Teacher

programme '**Rethinking Intelligence**' is the only programme on the island of Ireland to be endorsed by the Centre for the Use of Research and Evidence in Education (CUREE). We also conduct and publish our own educational research and have designed a bespoke evaluation programme (informed by programme logic model research) to maintain the highest standards in delivery.

## 5 Reasons To Choose Us:

### We only employ the best!!

Our presenters are professionally qualified trainers with extensive experience both in the education sector and in motivational speaking. Most importantly, they LOVE what they do!

### We see the bigger picture

We know that skills alone are not enough. To really succeed in life students need to develop the 3Ps mindset: PERSEVERANCE, PATIENCE and PLUCK.

### Making a real impact drives and motivates us!!

We are passionate about making an impact on the mindsets of young people. We are genuine about helping students '**make things happen**' for themselves.

### We offer research informed programmes

We're on top of the research and this is demonstrated explicitly in our materials. Outdated notions about intelligence and learning are challenged and a fresh approach adopted.

### We use the latest in audiovisual technology

This ensures students are kept in a state of '**relaxed alertness**' allowing them to stay focused for the duration of the programmes.





# PROGRAMMES

3

JUNIOR CYCLE  
SENIOR CYCLE

## Blast Off - First Year

Helping students kick-start their new learning journey

## Action Stations - Second Year

The more you learn, the more you earn!

## Drive For Results - Third Year

Creating motivated, successful learners

## 5 Steps to Exam Success

Taking the holistic approach to exam preparation

## The Next Level - Fifth Year

Helping students think and act independently

## Parent Power

Empowering Parents to support their children's learning

## Teacher CPD

Rethinking Intelligence

# BLAST OFF! - FIRST YEAR

**Blast Off** has been designed to introduce students to their **Amazing Brain** and help them develop effective study habits. Research shows that the earlier habits are embedded the higher the chance of success. This programme is guaranteed to help your students make a success of their transition to secondary school.

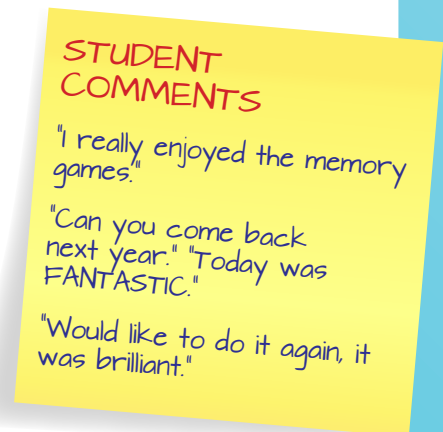
Students will take part in a series of interactive and motivational activities which will introduce them to multiple intelligences and show them how they are smart in many different ways.



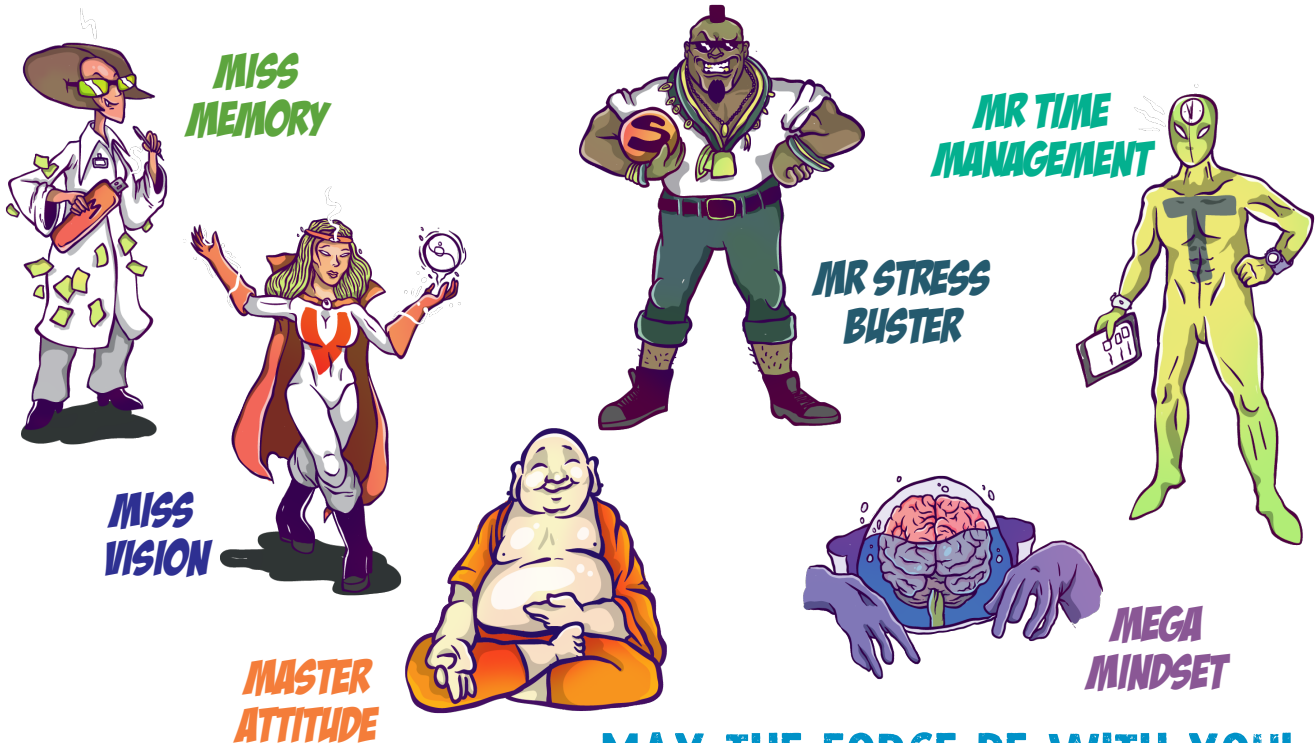
Course Booklet

**Students will:**

- meet their **Command Centre** - their **Amazing Brain**;
- learn what is required to keep their brain healthy;
- come to understand that their brain constantly changes in response to their environment and to what they experience;
- realise that the brain is like a muscle, so that it grows stronger with use;
- hear about the growth mindset that they can become more smart, more intelligent, more clever, by hard work and effort;
- learn the importance and benefits of working in peer groups;
- learn new ways to improve their memory and practise some of them;
- come to understand what is meant by 'ACTIVE' learning.



Your students will also be introduced to the Amazing Brains **Study Skills Force**



**MAY THE FORCE BE WITH YOU!** ...



# ACTION STATIONS - SECOND YEAR

Our 'Action Stations' Programme is designed to help your students be proactive, so they can shape the future they really want. They will consider successful role models who have achieved their goals through hard work, dedication and commitment. They will also learn how they too can set goals, plan their own success and get ever closer to realising their potential and ambitions.

Students who have taken a full and active part in our 'Action stations' programme will gain the following benefits:

- know more about their brain and how learning and memory work;
- understand that their brain constantly grows and changes in response to their environment and to what they experience;
- be challenged to rethink the notion that anyone has a fixed level of intelligence;
- engage in a process of self assessment, target setting and decision making related to subject choices;
- gain a deeper understanding of why the self assessment process is important for their success;
- learn new ways to improve their memory and practice some of them;
- understand how structured, organized information can assist memory and understanding;
- see the link between learning and earning;
- experience a highly interactive and enjoyable programme.

## STUDENT COMMENTS

"Learnt how to manage my time and what distracts me."  
 "Realised that the better I do at school the more money I will earn!"  
 "Really enjoyed the teamwork and sitting with people I didn't know."

## EXAMPLE ACTIVITIES

- ✓ Forming Positive Habits
- ✓ Memory: Recall and Recognition
- ✓ It's all about me
- ✓ A Job's Worth
- ✓ Time Management Countdown

## A JOB'S WORTH!

				
HEADTEACHER € _____	C.E.O € _____	PILOT € _____	MEDICAL PRACTITIONER € _____	SALES MANAGER € _____
				
LAWYER € _____	POLICE INSPECTOR € _____	TV PRESENTER € _____	PRO FOOTBALLER € _____	VET € _____





# DRIVE FOR RESULTS - THIRD YEAR

Our flagship programme **Drive for Results** is guaranteed to provide the foundations for your students to succeed at Junior Certificate level. This inspiring, interactive programme provides students with a range of techniques and tools to make effective and informed study and revision decisions. Through engagement in practical, meaningful, relevant activities, your students will discover the merits of active learning. They will receive a comprehensive Study Guide, which includes a range of activities to suit all learners. Students also explore the Growth Mindset and investigate why some young people persevere when faced with challenges whilst others give up. They work out ways to change a “can’t do” attitude into a “can do” one. In short, we help them to understand how they can grow their amazing brains.

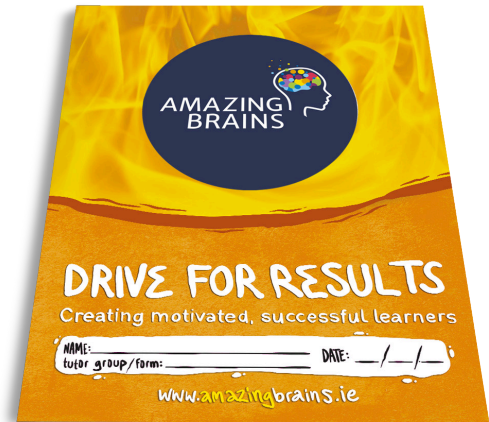
The outcomes of **Drive for Results** have been grouped into three main themes – independence, positive mindset, study and life skills – and mapped with generic and relevant curriculum objectives. Drive for Results provides opportunities for students to develop lifelong, transferable skills.

## SO WHAT SHOULD YOU EXPECT?

**During the programme your students will:**

- be empowered by investigating the incremental theory of intelligence i.e the idea that that your intelligence can grow and isn't fixed;
- apply the Growth Mindset and understand that effort and not IQ matters more;
- practise and develop new study skills and revision techniques;
- gain a deeper understanding of why these skills are important for success;
- investigate how their memory works and more importantly, when it comes to remembering information what works best for them;
- learn how to handle and reduce stress at exam times and to maintain composure under pressure;
- complete a reality check on how they are spending their time;
- become more familiar with robust time management techniques;
- engage in an inspiring, motivational and highly memorable event.

\*All students receive a 16-page learning guide with follow-up activities.



Course Booklet

### STUDENT COMMENTS

"The Presenter was amazing"

"For the first time ever, I know what revision techniques work for me, thanks sooooo much"

"Really motivational and very beneficial for my future"





# 5 STEPS TO EXAM SUCCESS

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By implementing 5 Steps to Exam Success usually stressful exam scenarios can become very rewarding and even enjoyable!! It is our aim that by the end of this activity based 3-hour seminar all students will have adopted the skills,

competencies and mindset required for exam success. This Seminar has been designed specifically for students approaching formal **Junior Certificate** and **Leaving Certificate** exams.

**Here is just a taster of what's involved in the 5 Steps to Exam Success...**



## SUCCESS BELIEVE IT

We believe in the Growth Mindset and we would love to help your students do the same. We now know more than we ever have about the malleability of intelligence and the plasticity of the human brain. We can help students believe they can achieve!!

*Course Booklet*

## TECHNIQUE PERSONALISE IT

When it comes to revision there should not be a 'one size fits all' approach. We are all different and have different preferences when it comes to learning. Students are introduced to a range of multisensory strategies to enable them to make informed decisions about the techniques that are right for them.

## ENERGY OPTIMISE IT

Looking after your physical and mental health are crucial to optimising exam success. We demonstrate how students can generate and harness the energy they need for this critical time.

## PLAN STICK TO IT

We offer a range of time management tools to help students not just plan ahead but actually stick to the plan. There is no point in developing a neat, tidy, colourful revision planner if it's not followed in a disciplined way!!

## SHINE GO FOR IT

The exam is the chance for students to 'shine' and deliver on all of the hard work, effort and dedication. We show students how to psychologically prepare for exam day and adopt that winning mindset.

### STUDENT COMMENTS

"I loved the mindfulness and activities." Feel better prepared and more in control."

"Brilliant presenter made the day enjoyable and interesting." I'm going to try out all of these techniques."

### Example Activities

- ✓ Diversity
- ✓ Exam Countdown
- ✓ Balancing Act
- ✓ Balloon Burst
- ✓ Mindfulness



# THE NEXT LEVEL - FIFTH YEAR

## THE PROGRAMME

Senior Cycle presents many different challenges and opportunities. Students are expected to think and act more independently, be more self-disciplined, mature and responsible. Senior Cycle is where students ultimately really begin to take responsibility for and control of their own learning.

Our highly interactive, engaging and inspiring **NEXT LEVEL** event has been designed specifically to help students develop the competencies to achieve their potential at post-16 level. The Next Level is guaranteed to challenge how your students view their own ability and intelligence and illustrate the critical role our mindset plays in **success**.



Course Booklet

## WHAT WE CAN COVER

### Motivation Matters

In an interactive way students will examine the beliefs they hold around intelligence and how these beliefs impact on their motivation to engage in a task, and consequently their achievement and success.

### Study and Research Skills

Students will explore independent learning and its role in success in Senior Cycle. They will engage in activities that have been designed to help students develop key study skills in critical thinking, problem solving, effective reading and note taking, reciprocal teaching, collaborative learning, essay writing and exam strategies. In addition, students investigate their own learning preferences, always bearing in mind that preferences are not labels but helpful insights into different ways of learning.

### Organisation and Time Management

Post-16 education is a huge step up for many students and whilst some take the move in their stride many others are concerned about the extra workload and pressure. It's no secret that effective time management is critical to success in Senior Cycle. We provide students with practical tools on how they can better organise, themselves, prioritise and manage their time. Students are presented with the very latest research on the direct impact of social networking and mobile technology on exam results.

### Initiative and Leadership

Whether your students move on to college, university or to the work place they will need to know the importance of taking initiative and showing leadership. Universities as well as employers are looking for young people with a can-do attitude who aren't afraid to take on tasks and work with limited supervision. We focus on the key competencies of self-confidence, assertiveness and effective communication.

### Employability Skills

Should the school prefer a focus on employability we can deliver an activity based workshop focusing on team roles, planning, problem solving, effective negotiation, interview skills and presentations skills.

### WHAT THE STUDENTS SAY

*"Thank you very much for giving me a different view on how to apply what I have, and achieve my full potential"*

*"Very helpful and I am more determined to work harder"*

*"It was very beneficial and gave me a good insight as to how I should study"*

*"Best workshop we've had in school"*

*"Really enjoyed today. It was good fun AND educational"*





# PARENTS - PARENT POWER

## “This could change a child’s life” (Parent Participant)

Our ground breaking ‘Parent Power’ programme is a practical, meaningful activity based 90-minute workshop that is designed specifically to empower parents.

### THE EVIDENCE BASE

At Amazing Brains, we are well aware of the impact of building the capacity of parents and giving them the opportunity to develop the skills and techniques to help their own children succeed in school. There is now overwhelming research indicating the irrefutable link between parental involvement and educational achievement of young people. In 2008 the Department for Children, Schools and Families in England found that parental involvement in children’s education from an early age had a significant effect on attainment, and this parental effect continues into adolescence.



Course Booklet



**PARENT COMMENTS**  
"We forget what it's like to be under pressure at school. Tonight - I have been reminded of that! Hugely skilled presenter, excellent knowledge level and infectious passion for her job"  
"Absolutely brilliant, insightful, informative and professional! This has really helped me..."

### DURING THE PROGRAMME PARENTS WILL:

- have the opportunity to reflect on their own experiences of educational achievement and consider how this impacts on their approach to their child’s learning;
- be introduced to current research on the brain and learning;
- develop the essential knowledge and skills to feel more confident about supporting their child at school;
- have the opportunity to speak to like minded parents/guardians who are encountering similar issues relating to schooling and exams.

Parents will be provided with a comprehensive booklet that serves to reinforce learning in the seminar.



**PARENT COMMENTS**  
"Great evening, lots of great tips and ideas to use with my children and myself! Would recommend for all parents and students at exam age"  
"Absolutely brilliant, insightful, informative and professional! This has really helped me..."



# TEACHERS RETHINKING INTELLIGENCE

Rethinking intelligence examines the role of mindset in student motivation and achievement.


### RATIONALE

Why are some students resilient whilst others just give up? We all know it's not those with the special talent and abilities that always succeed, but the people with the right mindset. Mindset determines the world we encounter and possibilities we apprehend. As educators we have a key role to play in engendering a Growth Mindset amongst our students.

### FORMAT

The workshop can be delivered to the entire staff team including the SMT, subject teams or already established staff working groups. The workshop is interactive, engaging and is delivered by a team of highly experienced and inspiring presenters. All activities are underpinned by relevant theory, are evidence based and are explicitly linked with better outcomes for students. The workshop is 3 hours in duration.

Amazing Brains is the first Teacher CPD provider in Ireland to be endorsed by the Centre for the Use of Research and Evidence in Education



CPD Provider Quality Rating: Very Good

### OVERVIEW

This module examines the beliefs that we hold around intelligence and how these beliefs affect our motivation to engage in a task, and consequently our achievement and success. The module incorporates

tools and resources for applying the growth mindset in practice. During the workshop Teachers will develop an action plan for increasing student motivation and engagement in the classroom.

### IN 'RETHINKING INTELLIGENCE' TEACHERS WILL:

- explore definitions of intelligence and what being 'smart' actually means;
- have the opportunity to reflect on their own experiences of intelligence and educational achievement, and consider how these shape their views of students' abilities;
- be introduced to and examine theories of motivation;
- reflect on their personal and professional motivation climates and on ways to improve these in the interests of students.

### TEACHER QUOTE

We were delighted to host the Amazing Brains programme 'Rethinking Intelligence: The Role of Mindset in Motivation and Achievement'. The programme was thought provoking and challenging with a range of activities that encouraged every member of staff to question their opinion and methods of thinking in relation to motivation of students. It was an excellent programme both in terms of the delivery and the information provided. It has provided us with a springboard for future plans to encourage and motivate students.

Patricia Devine (Senior Teacher) Holy Cross College, Strabane



# COMMENTS

Was very good and opened up my mind to studying. Was done in a fun and friendly manner. Very impressive."

(Drive for Results Student: Crana College, County Donegal)

"Very good, easy to get involved. Well worth taking part in. Fun, interactive and good tips"

(5 Steps to Exam Success Student: Patrician High School)

"Fun, interesting & I would recommend it! Thank you"

(Next Level Student: Sacred Heart Secondary School)

"Helped me find out how I study and will motivate me to make more time for study and homework."

(Drive for Results Student: Our Lady's College Greenhills)

"I feel much better and confident for the Junior Cert now"

(Blast Off Student: St. Louis High School Rathmines)

"I learnt alot of new things today and it has made me more determined to do better and push myself"

(Next Level Student: St. Louis High School, Rathmines)

"I thought today was extremely helpful. I'm actually excited to study. As much as a person can be about studying!!"

(Drive For Results Student: Loreto Foxrock)

## PRINCIPAL'S COMMENT

Amazing Brains recently visited Carndonagh Community School to deliver their 'Drive For Results' programme to 200 of our 3rd year students. The whole event was very well organised. Tracy, the facilitator, was excellent and had a great rapport with all the students. She dealt with 100 students in each session and managed through her excellent use of different methodologies to hold their full attention throughout the workshop. Each session was extremely well structured with a very impressive use of visuals and both interactive and individual learning experiences.

Student and parent feedback on the programme was very positive with students reporting an increase in confidence regarding success at school. Students felt they had developed new study skills and revision techniques. Without doubt the workshop delivered by Amazing Brains was very successful in our school and I would have no hesitation in recommending this programme.

Mr Paul Fiorentini, Principal, Carndonagh Community School



"This day will definitely help me concentrate more at school and at home!!!"

(Blast Off Student: Colaiste Cholmcille)





# AMAZING BRAINS

Believing in every learner

## OUR DELIVERY

Our programmes are usually delivered to the full year group (of up to 150 students) in the school hall. The **Amazing Brains Team** bring all resources, audio visual equipment and prizes. Programme costs are directly related to student numbers and delivery options.

## CONTACT

**W:** [www.AmazingBrains.ie](http://www.AmazingBrains.ie)

**E:** [roisin@AmazingBrains.ie](mailto:roisin@AmazingBrains.ie)

**A:** Amazing Brains Experience  
Unit 2D Fingal Bay Business Park, Balbriggan  
Co. Dublin

**T:** 01 686 9499



CRO Provider Quality Rating: Very Good

[www.AmazingBrains.ie](http://www.AmazingBrains.ie)

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