

Connect to YOU

Workshops

Years 10 / 11

**WIN** WESSEX  
INSPIRATION  
NETWORK

**CHOOSE TO BE  
COURAGEOUS**



*Be yourself*  
**AND BE TRUE**

*Connect to YOU*

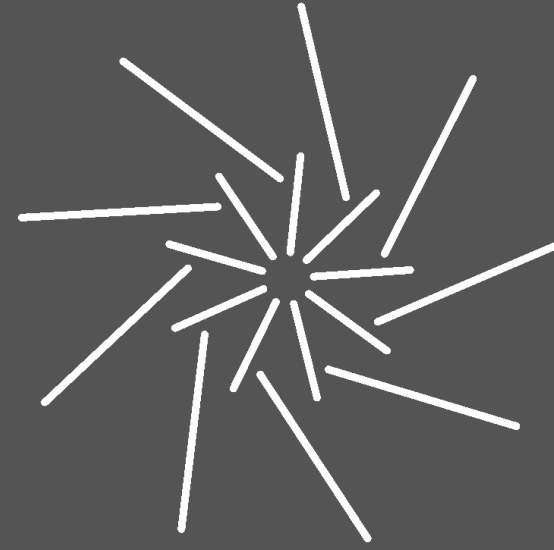
“The Connect to you workshop really engaged our year 10 students and was a rare opportunity for them to step outside the pressures of academic life and think about potential pathways. Soz and Rae were incredibly dynamic and stoked the fires for our students to create their own futures”.

Gareth Jones, Senior Leader Data & Careers  
Sarum Academy

Session 1

*Connect to  
Yourself*

You'll discover how to have confidence in your own uniqueness and understand why self-awareness helps make the choices that are right for you.



"I can take compliments now".

"I have happier thoughts".

WIN Connect to You Students



**THERE'S NO  
ONE ELSE IN  
THE WORLD**

**WITH THE EXACT SAME ATOMS, ATTITUDES,  
AMBITIONS AND VIEWS**

## Session 2

Connect to  
your emotions  
and choices



You'll discover how your emotional brain works and understand how you can train your brain to develop resilience and manage stress.



**OUR AMYGDALAS**

**ARE KINGS OF  
EMOTION**

*they process our progress with primal instinct*

## Session 3

*Connect to  
each other*

You'll discover how to have healthy relationships, learn to say no, identify your 'must haves' and develop strategies for self-care and self-acceptance.

**FIND THOSE  
THAT UPLIFT  
YOU**



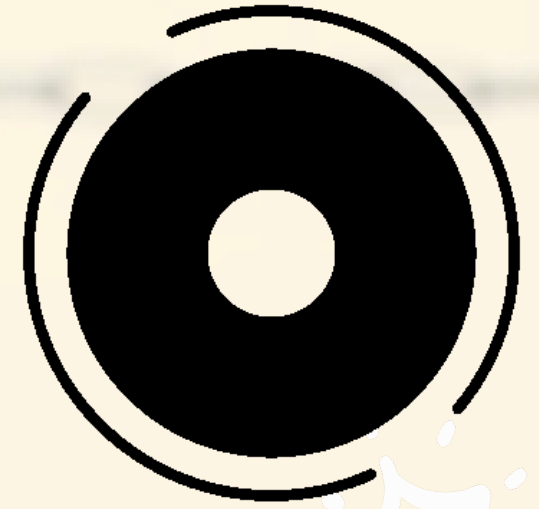
*Connect to their truth and your own*

## Session 4

Connect to  
your skills and  
experience

You'll discover the skills of self-promotion (your USP) and start to create a personal profile you can use on your CV and across different platforms.

**YOU DECIDE**



**WHAT IS**

*and what will be*

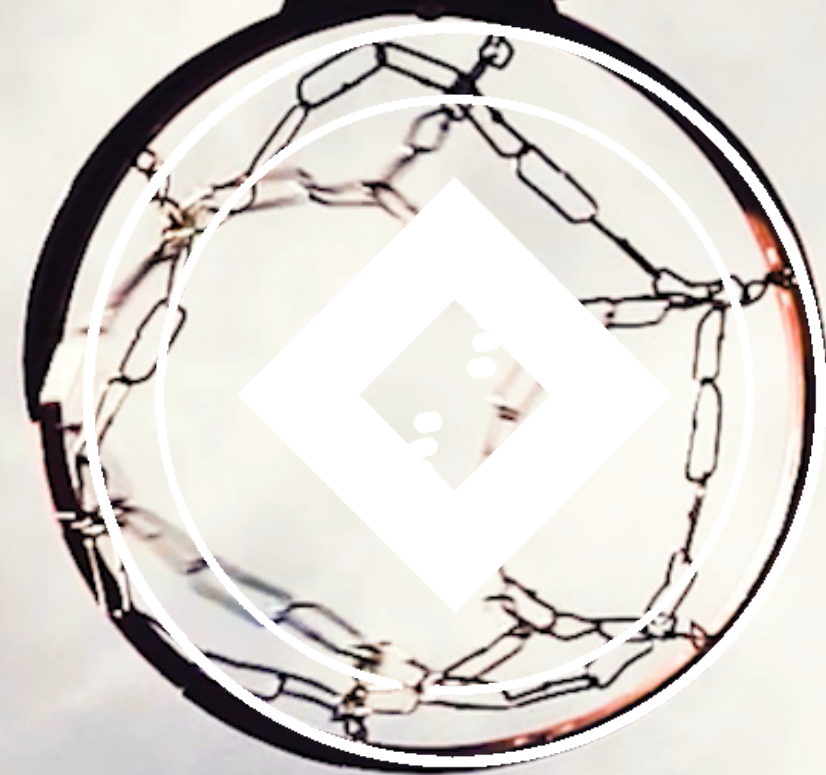


# Session 5

Connect to  
your future

You'll visualise a future you, start to discover  
and express your offer to the world and  
receive further help and support to  
take your next steps.

**DON'T DIMINISH  
WHAT YOU'VE  
GOT TO GIVE**



*when you yourself are limitless*



"I'm more confident to talk".

"I've got more knowledge. I've woken up more".

"I'm discovering my voice".

WIN Connect to You Students

All workshops can be delivered as individual sessions, as a series in a day, or over a number of weeks.

To find out more or book our sessions  
Contact your HEA or  
WIN Project officer Rachel Lillywhite:  
[Ral64@bath.ac.uk](mailto:Ral64@bath.ac.uk)

# Connect to YOU

Watch the Connect to You film  
on our website:

[www.winncop.ac.uk](http://www.winncop.ac.uk)

**WIN** WESSEX  
INSPIRATION  
NETWORK