

Connect to YOU

WIN WESSEX
INSPIRATION
NETWORK

Connect to US



Rae



Soz

What is Win?

WIN is a UniConnect project based across BANES, Wiltshire and North Somerset supporting young people in their progression to Higher Education, apprenticeships, further study and the world of work.

WIN WESSEX INSPIRATION NETWORK
www.winnecop.ac.uk

WIN

WESSEX INSPIRATION NETWORK

A WIN Higher Education Advisor is based in all our partner schools and colleges to help advise and guide young people with their future choices.

We also provide support and information to parents/carers and teachers, alongside the delivery of workshops and activities by our experienced team.

UNIVERSITY OF BATH | Wiltshire College & University Centre | BATH SPA UNIVERSITY | Bath College | UCW | UNIVERSITY CENTRE WESTON

WIN WESSEX INSPIRATION NETWORK

Connect to YOU

Written and performed by local poet and actor Ezra England, the **Connect to You** Film has been designed to promote and support our series of **Connect** workshops themed around self-acceptance and finding the courage to be yourself.

#MyfutureWIN #UniConnect

ASPIRATIONS ARE CREATIONS OF IMAGINATION

they fuel motivation

THE WAY YOU SEE THINGS IS UNIQUE

CHOOSE TO BE COURAGEOUS

Be yourself AND BE TRUE

Connect to YOU

WIN WESSEX INSPIRATION NETWORK



UNIVERSITY OF
BATH

Agreements for the day?

What is important to
you?

What we are **NOT** here to do -

Teach you

Tell you what to do

Judge you

Try to get you good results/grades

Put extra pressure on you



What we **ARE** here to do -

Listen to you

Encourage you

Respect and learn from you

Help you get the best from life

Help you connect to your best self



Active session

Spending time
connecting to
and
celebrating
YOU

Timetable of the day:

Session 1 - Self-awareness (9-10am)

Find out what makes you tick.

Session 2 - Train the brain (10-11am)

How the brain works, resilience and managing stress.

Session 3 - Connecting with others (11.20-12.20pm)

Values and boundaries, looking after yourself.

Session 4 - Self promotion and finding your purpose (12.20-1.20pm)

Thinking big!

Session 5 - Confidence and next steps (1.50-2.50pm)

Self-acceptance!

Connect to YOU

Connect to
EACH
OTHER

Connect to US

Let's introduce ourselves:

Tell us your name

Something that makes us unique

Postcard – why did you choose it?

"Hi, my name is Soz, music really uplifts me.. I chose this postcard because it makes me want to dance!"





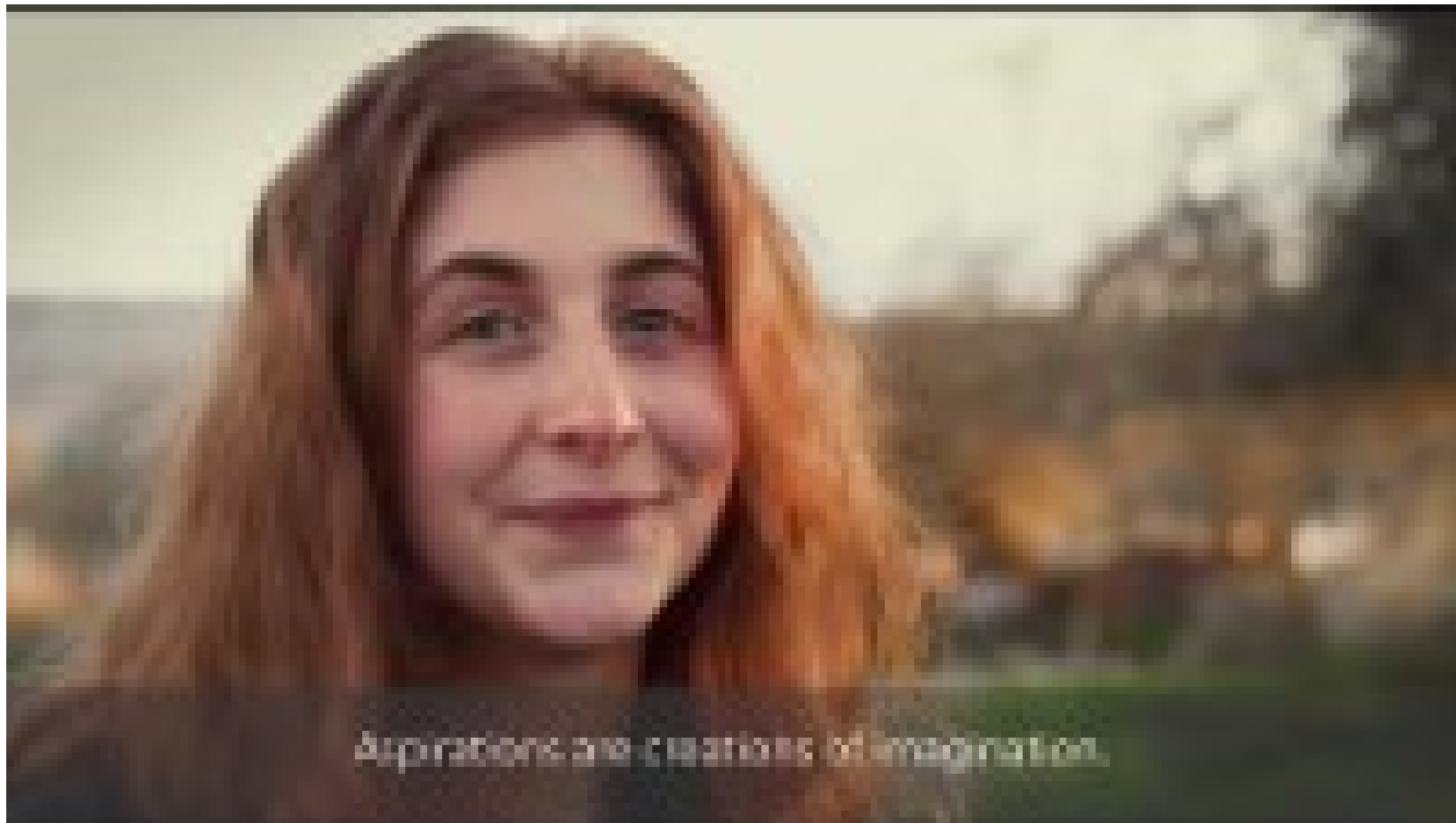
Session 1

Self-awareness

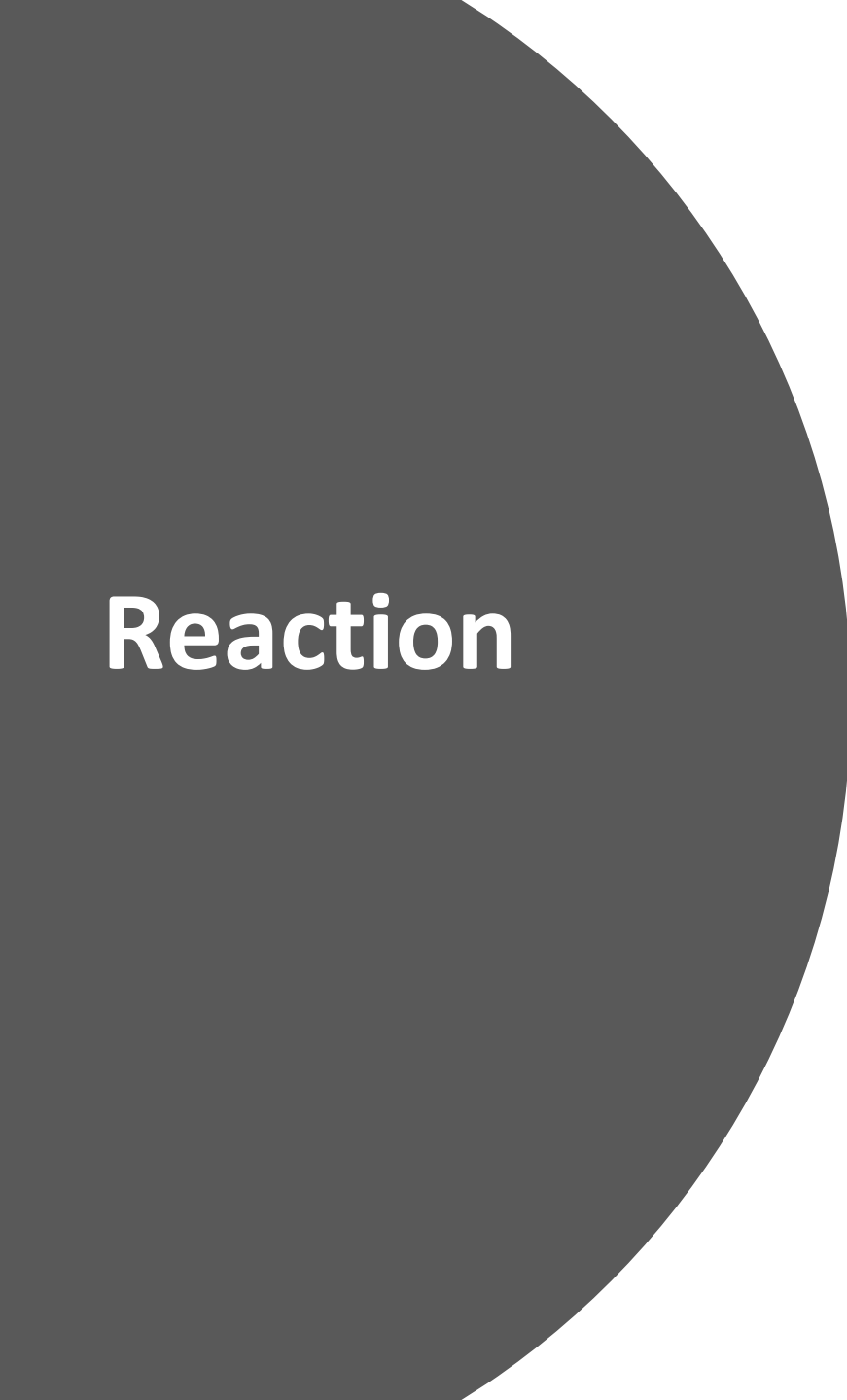
Tuning into your individual
qualities and uniqueness

**FIND WHAT
MAKES YOU...**

*tick and
think and
speak and
live*



Aspirations and creations of imagination.



Reaction

Write down one **word**, you associate with the film?

One **emotion** you associate with the film?

Now lets share our different responses...

Your response is your uniqueness!!

Grab a piece of paper

Draw yourself in the middle

Write your name somewhere on the paper.

Add the thing (from earlier) that makes you UNIQUE.

My name is **Stacey**

I am fun loving



I HAVE A GREAT SMILE

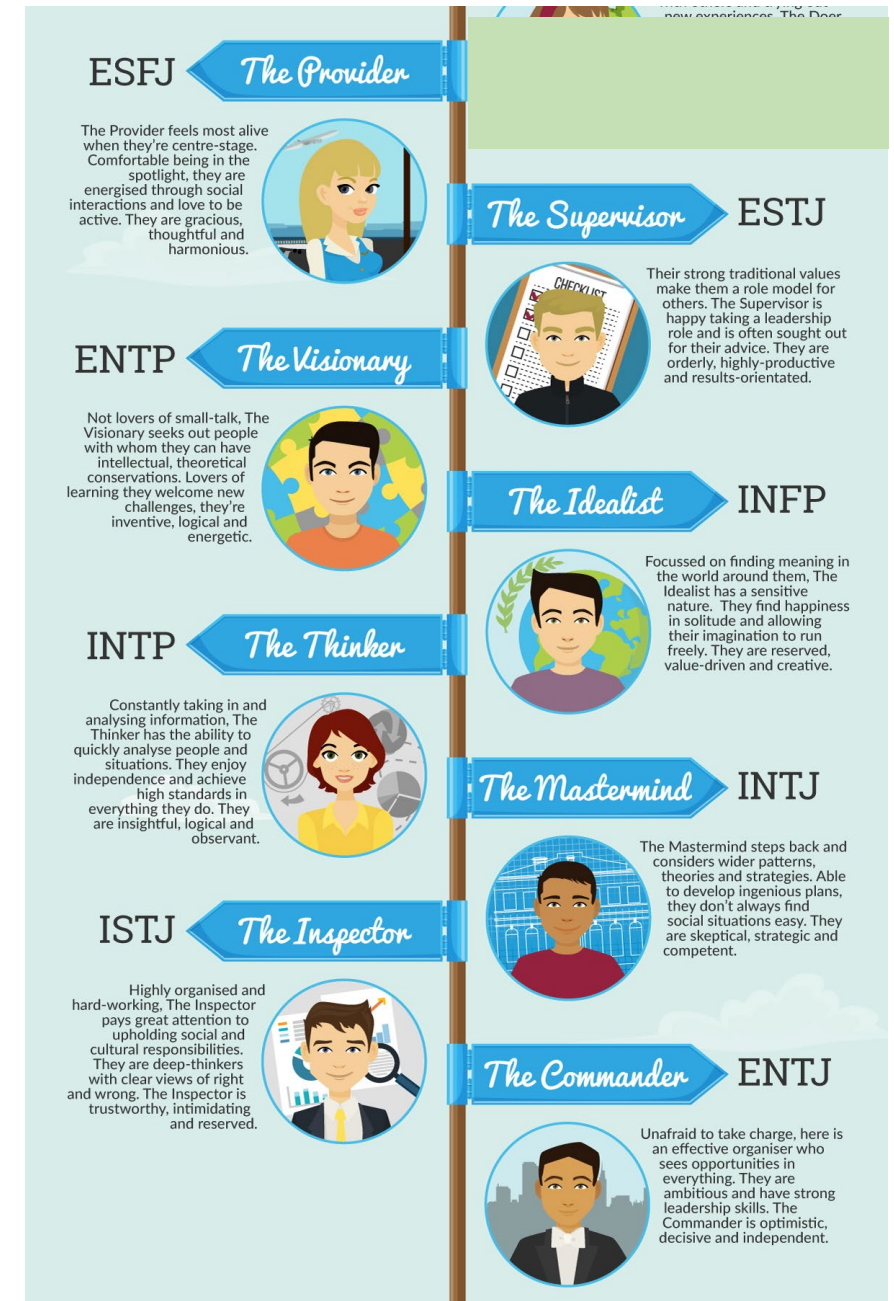
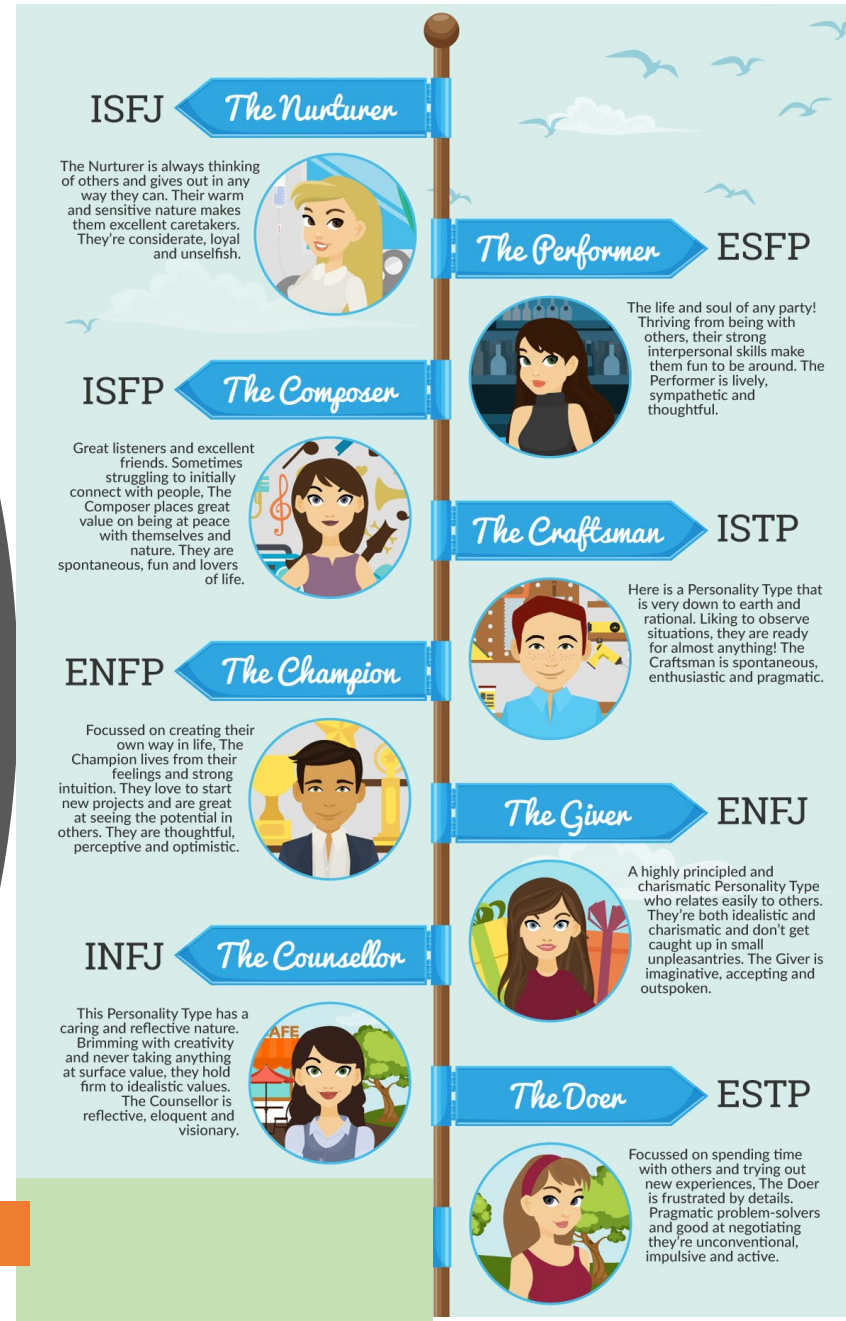


THE 16 PERSONALITY TYPES

Your personality is part of what makes you **UNIQUE**

Doesn't define you – just helps find some words that describe you

Add link back in for quiz



Your personality:

link here:
[Dr. Phil's Personality
Test](https://www.psychcentral.com)
 [\(psychcentral.com\)](https://www.psychcentral.com)



Your personality is part of what
makes you UNIQUE

Words to describe you

Are you a...?

Write down on your picture as they come up – you may be a mixture

NURTURER
warm, sensitive,
considerate,
loyal

PERFORMER
party animal,
fun, lively,
thoughtful

DOER
hates detail,
problem-solver,
impulsive

PROVIDER
active, sociable,
harmonious,
gracious

CRAFTSMAN
down to earth,
ready for
anything

GIVER
charismatic,
imaginative,
outspoken

COUNSELLOR
caring, creative,
idealistic,
visionary

COMPOSER
good listener,
great friend,
nature lover

CHAMPION
intuitive,
perceptive,
see potential

COMMANDER
leader, ambitious,
decisive,
independent

INSPECTOR
organised,
hard-working,
reserved

THINKER
analytical,
independent,
high standards

VISIONARY
chatty, love to
learn, inventive,
logical

SUPERVISOR
role model,
advisor,
productive

IDEALIST
sensitive, value-
driven, reserved,
like being alone

MASTERMIND
strategic,
planner,
skeptical, able

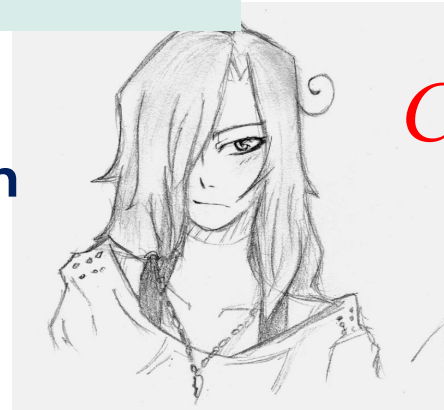
Add your personality
type and
characteristics

My name is **Stacey**

I am fun loving



outspoken



Charismatic

Idealistic

I HAVE A GREAT SMILE



Everyday activities and experiences are a big part of who you are

Think about the skills you use for these things!

'Sit down if' game

Raised money for Charity

Got an amazing score/won a competition

Got good makeup skills

Written lyrics/poetry

Restored, upcycled or fixed something

Video editing

Created a dance/rap/song

Gaming – role play, designed a character

Installed IT software, app, programme

Set up/managed a social media page

Attended an event for change (protest/webinar)

Researched something

Cared for/trained an animal/pet

Been a leader or captain

Redesigned something

REMOTE LEARNING SKILLS

INDEPENDENT LEARNING

CONFIDENCE

SELF MOTIVATION

TIME MANAGEMENT

AVOIDING DISTRACTION

SELF AWARENESS

ASKING FOR HELP

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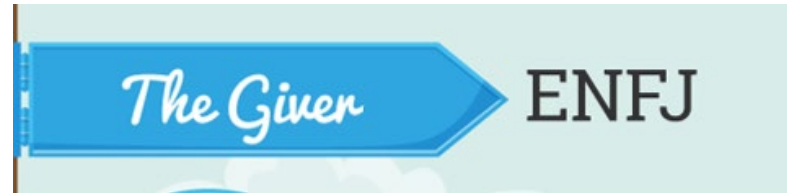
Now add
some of these
experiences
and skills

My name is **Stacey**

I am fun loving



I'm really good at
managing my time!



Got an amazing
score/won a
competition,
determination

outspoken

Set
up/managed a
social media
page,
IT skills



Charismatic

Idealistic

I HAVE A GREAT SMILE



I've started asking for support

Now follow the link
to Barclays Life Skills
Or google 'Barclays
Life Skills Wheel of
Strengths'

Complete the wheel
of strengths

Wheel of Strengths

Discover which jobs could suit you by picking your current skills, interests and personality traits.

Uncover roles that you might not have thought of before and find out how LifeSkills can help you develop your skills further.

Create your wheel 

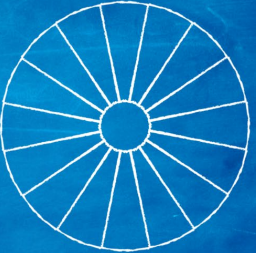
1. Skills

What are skills? How can I make the most of mine?

Your skills are the things you're good at; they are what enable you to do a whole range of tasks at school, at home, in your hobbies or in your future job. They help you to work with others, to communicate and to solve problems. They are developed and improved during your life; through the experiences you have.

Select between two and seven skills below to add them to your wheel:

Aiming high	Analytical	Communication skills
Creative thinking	Decision making	Innovative
Leadership	Numeracy	Organisation
Presenting	Proactivity	Problem solving
Resilience	Staying positive	Teamwork



2. Interests

What are interests? Why are they important?

Your interests are the things you like to do. They may be things you enjoy doing on your own or with friends and family. Your interests are things that motivate you, that you would like to spend more time doing. Interests can change during your lifetime as you try new things and meet new people.

Select between two and seven interests below to add them to your wheel:

Animals	Art	Current affairs
Environment	Fashion	Finance and business
Fixing things	Food	Reading
Science	Social media and writing	Sport and fitness
Technology	Travelling and languages	Vehicles



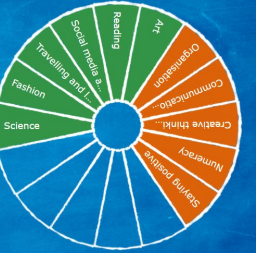
3. Personality

What is personality? Why is it important?

Your personality traits are your behaviours and attitudes. Even though every situation is different people have ways that they usually behave in. Your mix of personality traits make you unique. In an interview, people's impression of your personality and your compatibility with current employees can help them make a decision about you.

Select at least two personality traits below to add them to your wheel:

Adaptable	Confident	Curious
Debater	Empathetic	Enthusiastic
Integrity	Inventive	Observant
Outdoor enthusiast	Patient	Respectful
Responsible	Social	Thorough



4. Your possible job matches

Your skills, interests and personality traits match jobs such as ...

Play Worker Cares for and monitors progress of young children	Beauty therapist Helps clients look their best with treatments and advice	Office manager Ensures workplaces run smoothly including admin and IT
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If you develop more skills this could open up a wider range of job roles.

Develop my **Aiming high** skills... **Shuffle skill**

School teacher Teaches young people, usually with a specialist subject	Training and development officer Helps employees develop their skills and knowledge	Fitness instructor Motivates and trains clients to improve their fitness
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[Wheel of Strengths | What job suits me | Barclays \(barclayslifeskills.com\)](https://barclayslifeskills.com)

NOW add the 2 jobs that appeal to you most to your picture



My name is **Stacey**

I am fun loving

Cared for or trained an animal

I'm really good at managing my time!

Curious

THE WORLD NEEDS MORE LAUGHTER

I could be a playworker

the outdoors

Responsible

Patient

I could be fitness instructor

Fitness instructor →
Motivates and trains clients to improve their fitness

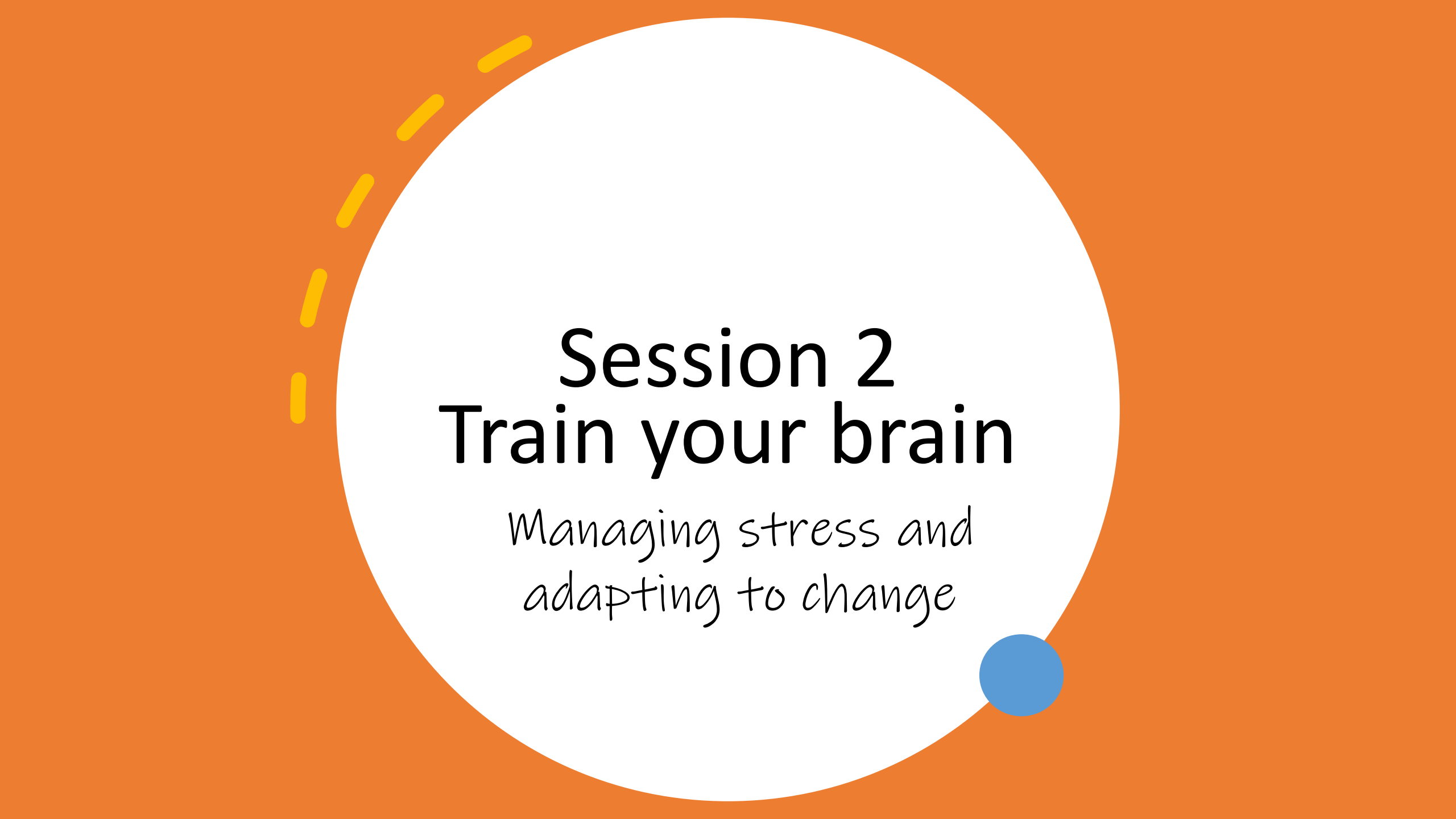
I CAN BE PAID FOR BEING FUNNY

I've started asking for support

A person with short dark hair, wearing a red beanie, black-rimmed glasses, a white t-shirt, and an olive green jacket, is sitting and looking down. They are wearing a black watch on their left wrist and a ring on their left hand. The background is a wall with large, stylized graffiti in green, black, and white. The text "THERE'S NO ONE ELSE IN THE WORLD" is overlaid in a black box on the right side of the image.

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

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



Session 2

Train your brain

Managing stress and
adapting to change



**EMOTIONS
ARE LIKE
MUSIC**

**YOUR BRAIN'S
IN A DANCE**

that is constantly moving

Agree?



Disagree?
GAME



1. People eating loudly?
2. Snoring?
3. Feeling like you're not good enough?
4. Being accused of doing something you didn't do?
5. Tapping?
6. Whispering?
7. Someone speaking down to you?
8. Badly drawn eyebrows?
9. Eating a powdery apple?
10. Loud breathing?
11. Being told to turn your mobile off?
12. People talking with their eyes shut?
13. Someone licking their plate?
14. Someone picking their nose?
15. Attention seeking social media posts?
16. Someone looking at their phone while you're telling them something?
17. Cracking knuckles?
18. Someone who spits while they talk?
19. Background noise while you're trying to read?



**Why did we play
this game?**

Remember:

**It's not always the big things - sometimes
small irritations mask bigger irritations**

**If we're in the 'wrong' frame of mind
anything can annoy us/wind us up**

**We're all different – be accepting of
yourself and others**

How did your amygdala react?

Where did you feel the reaction?

Resilience

and our emotional
responses

Have you ever questioned why
you react in certain ways?

or

What fuels your responses?

Lets think back to the film...



**Our Amygdala's
are kings
of emotion**

**...that become
factors in
how we react**

**and how we deal
with anything**

FLIP
YOUR



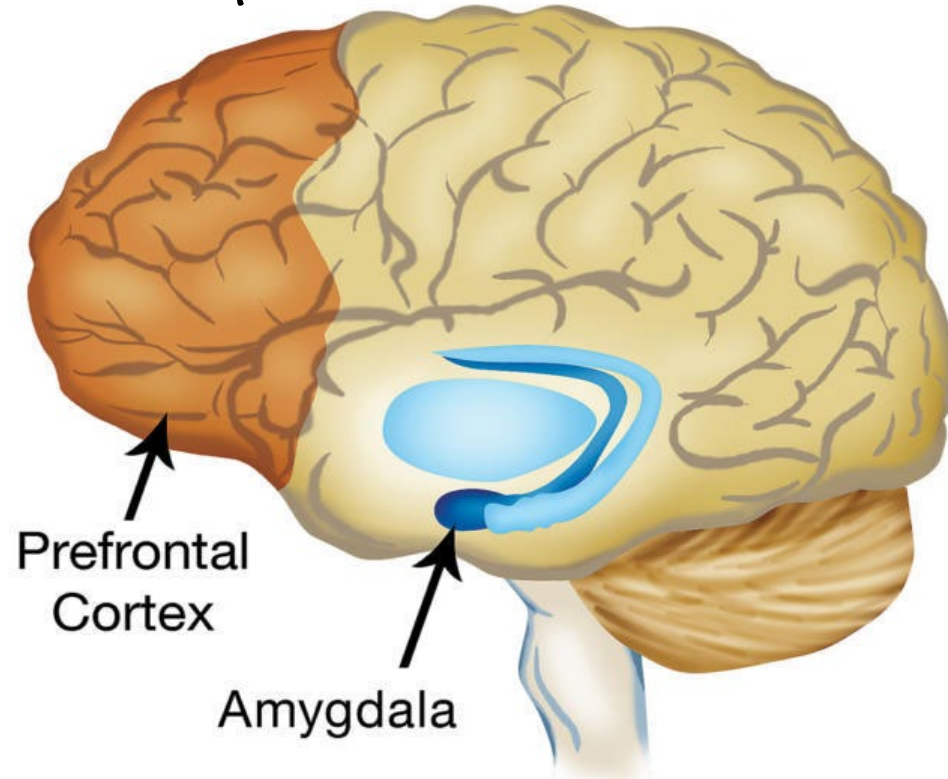
UNDERSTANDING OUR REACTIONS & EMOTIONS

‘How the brain works’

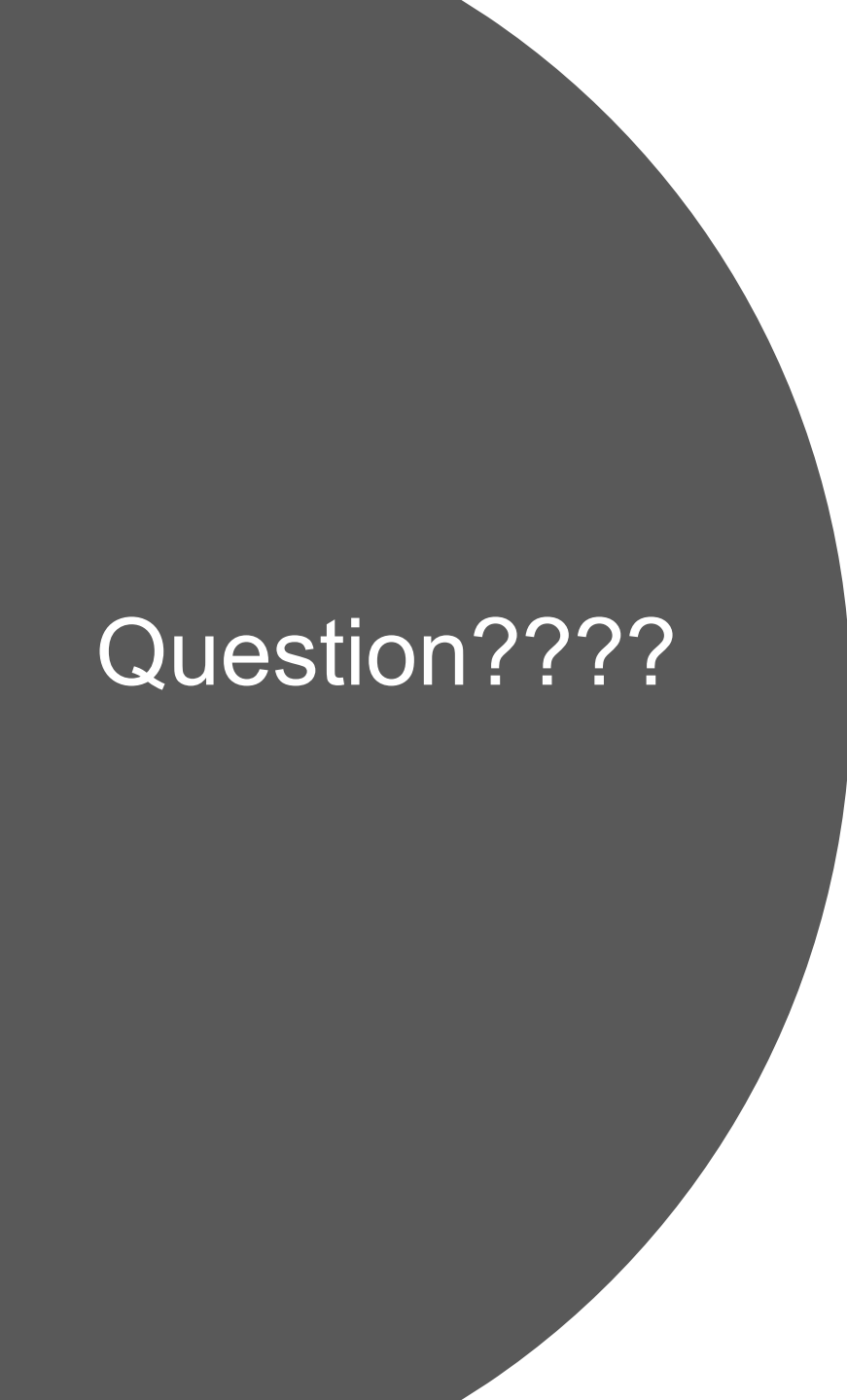
Fight/Flight/Freeze

Pre-frontal Cortex –

Slower to receive information, solves problems, rational, factual & based on evidence, can see another point of view. Not fully formed until your 20's



Amygdala – Emotional brain and first response! Based on feelings, responds with **fear**, release of **stress hormones**, emotional, only sees things from own point of view. **Fully formed at birth.**



Question????

On average, how many thoughts do humans have per minute?

Answer - 48/49
(reference.com)

That makes 70,000 on average a day!
Of those 80% are negative, and 95% are repetitive and the same as the day before!

Strategy

Choose what
thoughts YOU
focus on



We can't always control everything that happens but **we can start to control our thoughts.**

Our brains are amazing but not always helpful!

Thoughts are not facts so lets not treat them like they are..

Some helpful questions to ask yourself about your thoughts...

Is it a **FACT** or a **FEELING**?

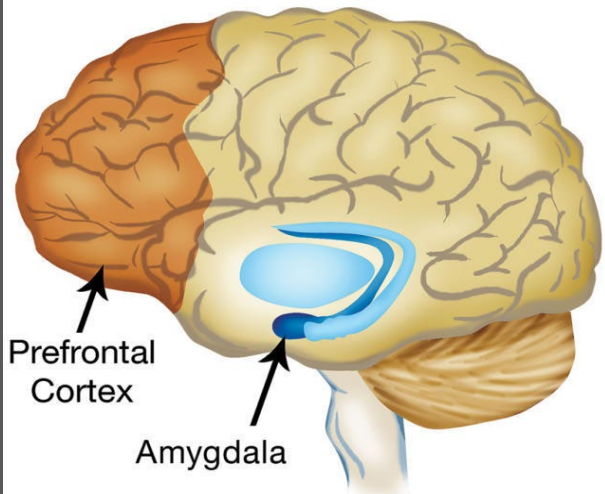
Is there **ANOTHER WAY** I can look at this?

Is it **HELPFUL** to me to think about this?

Do I **CHOOSE** to focus on this?

Neuroscientists agree that we'll never know all there is to know about the brain – in fact we know more about outer space but we're learning more all the time...

The Brain - actions



The brain is the command room which controls the empire of the body - it rewires itself in response to challenges – the more you challenge yourself the more it builds new pathways

86 billion neurons each with 10,000 connections to its neighbour – constantly re-configuring every second of your life

Every experience you have changes the physical structure of your brain

Starting something that you're not good at keep going – make yourself uncomfortable and this increases brain function

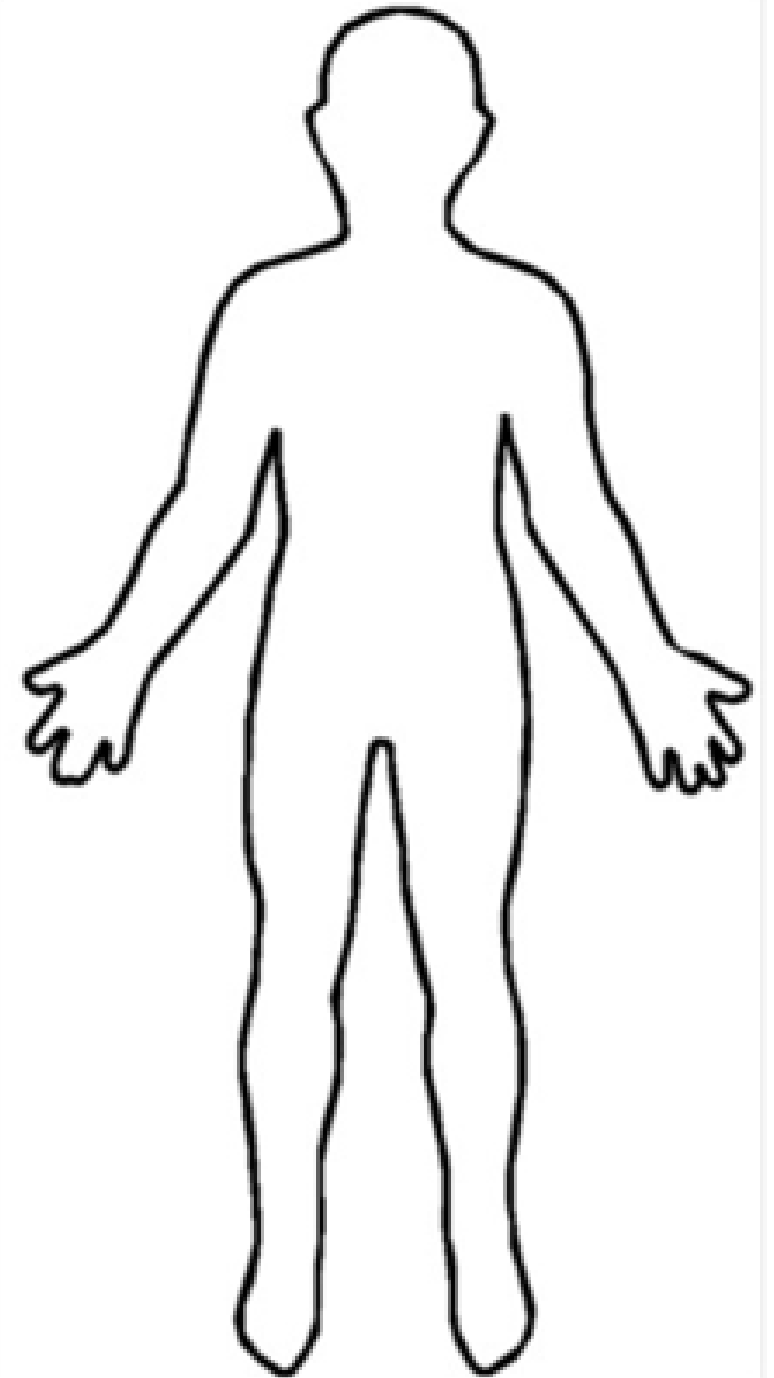
**Where do you
feel it in your
body when the
stress
hormones are
released?**

Whole group or small group task

**A teacher comes to
the door and asks
you to step outside**

**Your parent/carer
takes your phone
away in the middle
of an important
text/chat**

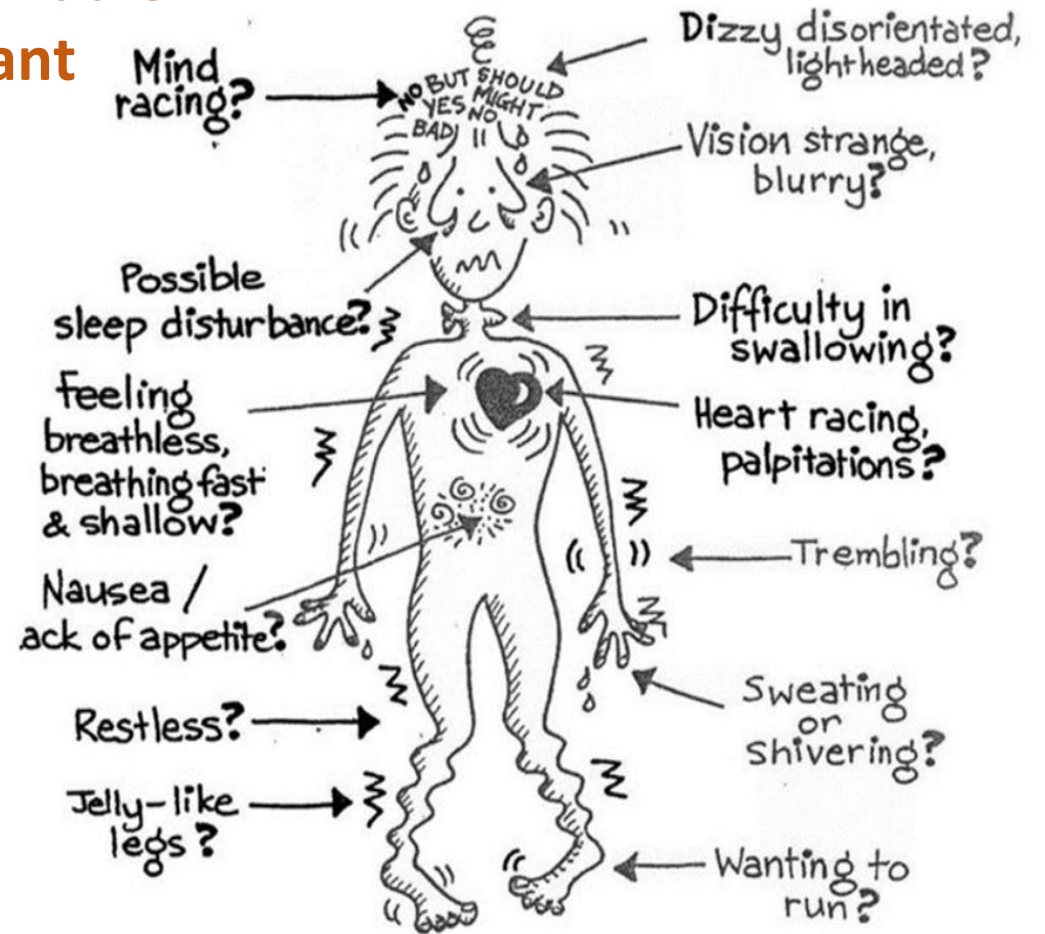
**You must stand up in
an assembly and
receive an award in
front of the whole
school**



Remember...it's the stress hormones released into your body that makes you feel this way.

If you **calm your thoughts and choose what you focus on**, you will calm these symptoms too!

Your parent/carer takes your phone away in the middle of an important text/chat



Strategy

Do something the amygdala can't do to calm your thoughts and reduce stress

It helps to reset and approach things afresh

It allows us a break from thinking or feeling – and just be

It soothes the noise in our heads and helps to calm tricky feelings

Mindfulness including counting, puzzles, sorting, memorising, visualising...



Mindfulness –
the art of being
present in the
moment and really
noticing what you're
doing



20 min break





Session 3 Connecting with others

Relationships and your
'must haves'

But first... a quick Brain Gym

Lets all do these...

Touch your nose with your tongue

Touch your left ankle with your right hand
and your right ankle with your left hand

Or try this.....

'Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, Where's the peck of pickled peppers Peter Piper picked?'

**FIND THOSE
THAT UPLIFT
YOU**

Connect to their truth and your own

People who
love and care
for you

Secure
Relationships

Pairs/circle task - discuss these
questions



Who do you know
who will always
support you
(your best
cheerleaders)?

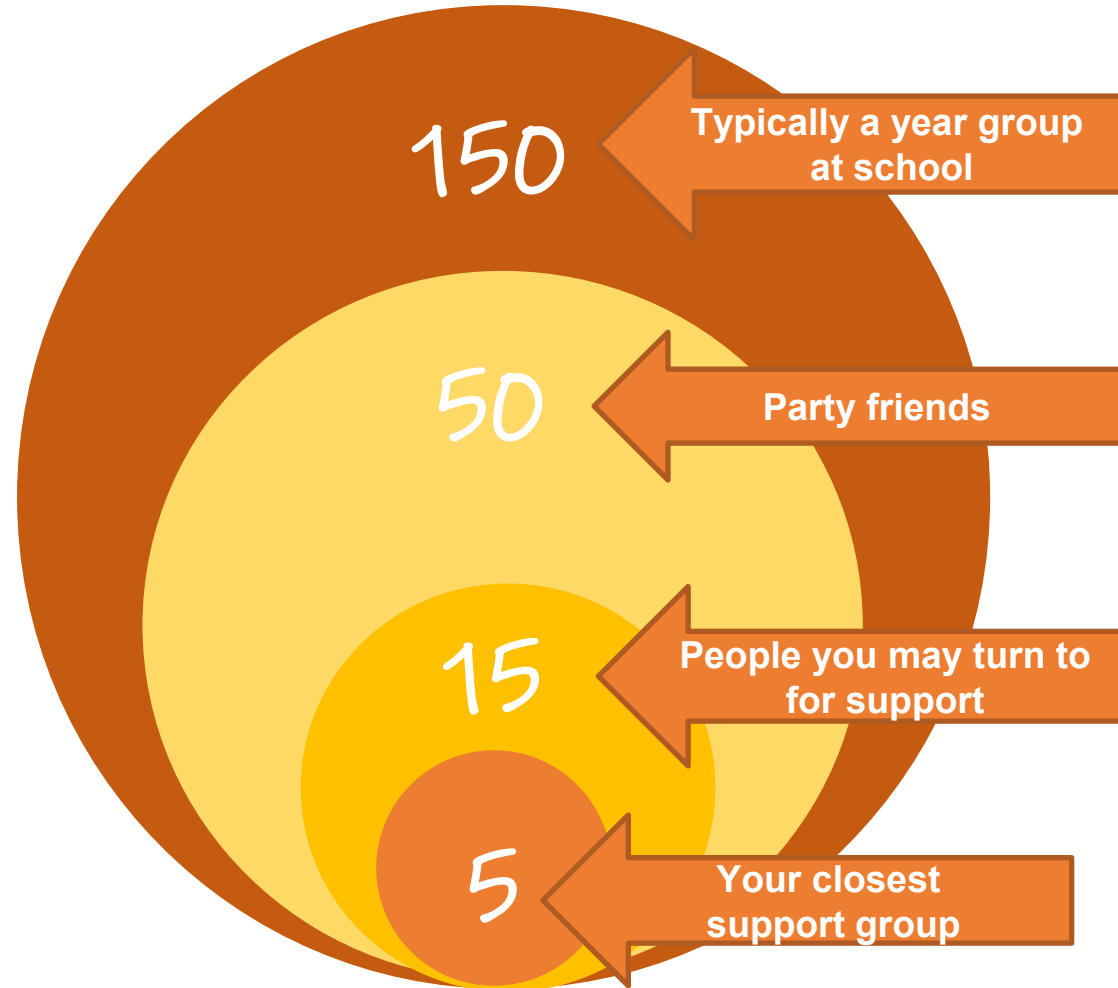


What would your
closest friend say
about you?

How many friends do we need?

Genuine
and secure
friendships

What do you
value in your
closest support
group?



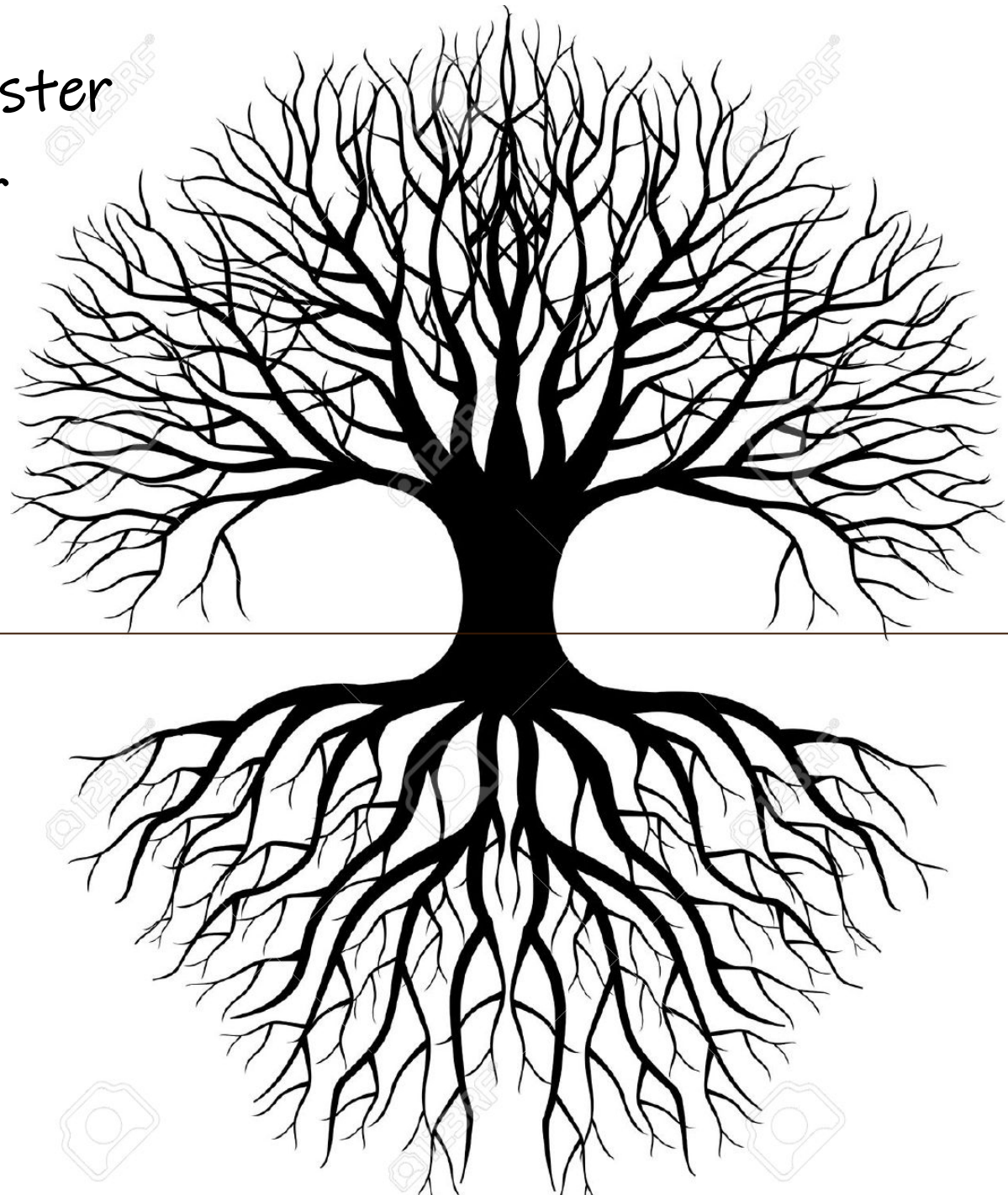
Who adds to
your life and
helps you feel
good?

Add these to
the branches

My sister
Teacher

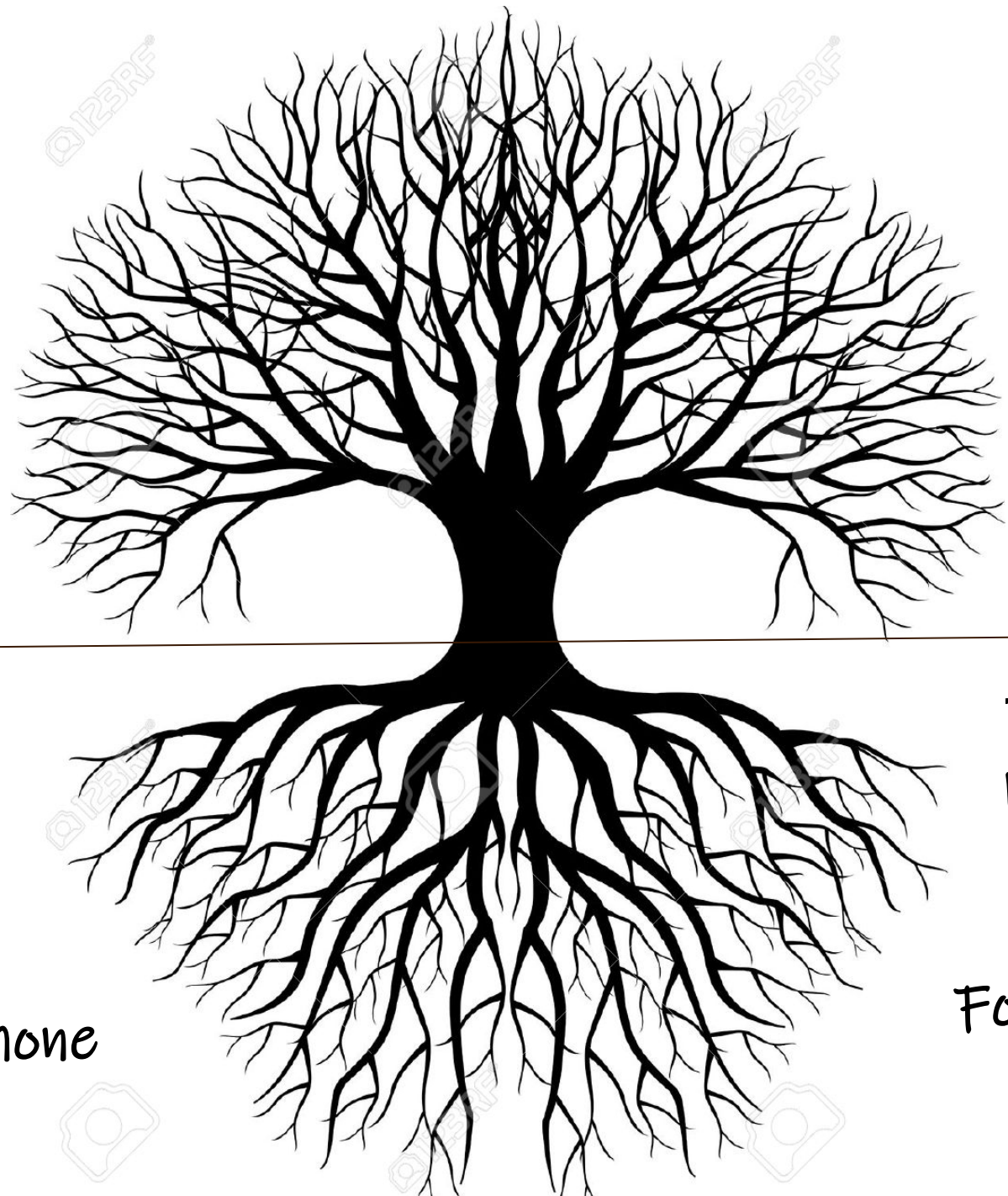
Brother

Best
friend



What
keeps YOU
strong
under the
surface?

Add these
to the
roots



The B.S. Guys



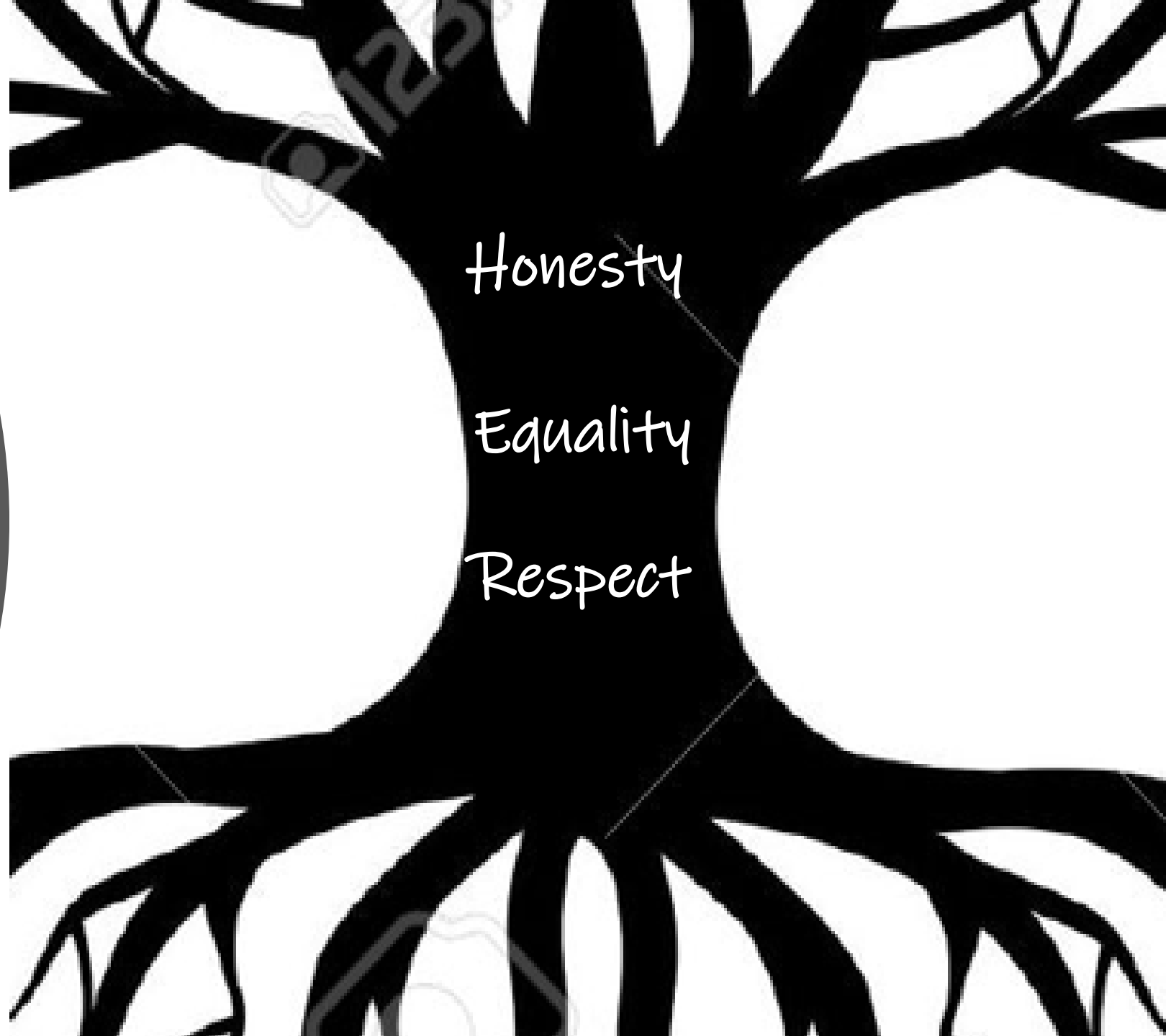
Being able to
express

**polite
doubt**

means we aren't
afraid to speak up if
we feel something is
wrong.

What are YOUR
Core Values?

Add these to the
trunk





Exercise Setting boundaries for yourself

Boundaries are the limits and rules that people set for themselves in relationships.

Someone with healthy boundaries can say NO when they want to.

Trust your gut instinct

- 1. Read through the 'Setting boundaries information sheet'**
- 2. Then have a go at some responses on the 'Boundaries Setting Worksheet'**
- 3. Discuss with your teacher/or in pairs which ones you would find easy/hard
Think about how they sit with your core values.**

Setting Boundaries

Mutual respect creates healthy relationships

Setting Boundaries Info Sheet

What to Say

You always have the right to say "no". When doing so, express yourself clearly and without ambiguity so there is no doubt about what you want.

"I'm not comfortable with this"	"Please don't do that"	"Not at this time"
"I can't do that for you"	"This doesn't work for me"	"I've decided not to"
"This is not acceptable"	"I'm drawing the line at ____"	"I don't want to do that"

What to Do

Use Confident Body Language

Face the other person, make eye contact, and use a steady tone of voice at an appropriate volume (not too quiet, and not too loud).

Be Respectful

Avoid yelling, using put-downs, or giving the silent treatment. It's okay to be firm, but your message will be better received if you are respectful.

Plan Ahead

Think about what you want to say, and how you will say it, before entering a difficult discussion. This can help you feel more confident about your position.

Compromise

When appropriate, listen and consider the needs of the other person. You never have to compromise, but give-and-take is part of any healthy relationship.

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Examples of setting clear boundaries

Situation: Your friend calls you at midnight the night before a big test at school, they know you need to be up early, but they want to talk about an argument at school.

Response: 'I can tell you are upset, I want to talk to you, but I need to sleep now, maybe we can talk tomorrow'

Situation: You're out with a friend and have bought some food. You notice your friend start tucking into your food, you know you can't afford anymore. You never discussed plans to share food, and you don't want them eating what you've bought.

Response: 'I'd like to keep our food separate, if there's something of mine that you want, ask and I can give you some if I have enough for both of us'

Boundaries Worksheet

Situation: Your mates are making prank calls and are egging you on to make one too. You really don't want to, but they are going on and on.

Response:

Situation: You're on the field at school during lunch talking about what you keep in your bags/rucksacks, one of your friends picks up your bag and starts looking through it and making comments about the contents. You know they are mucking around but you feel uncomfortable with it and want them to stop.

Response:

Situation: A friend comes over for the evening when your parents are out, they start to help themselves to food (sweets and chocolates) that your brother was given for his birthday. You know he will be upset and don't want them to do this.

Response:



**You can't pour from
an empty cup. Take
care of yourself first.**

Your roots Self-care

Having
enough
to give

Reach
out if
you need
to



Young Minds

Flourish

Kooth

Brook



Session 4

Self-promotion

Finding your purpose and
what you love

THINK BIG, THEN THINK BIGGER

*Think how do I
get better?*



Ikigai

Japanese word
and idea: that you
feel physically and
emotionally well
when you're
doing what you
love

Find your
'purpose'

This Ikigai model helps
you think about your
reason for getting out
of bed in the morning

Ask yourself these questions:

What am I good at?

What does the world need?

What could I be paid for?

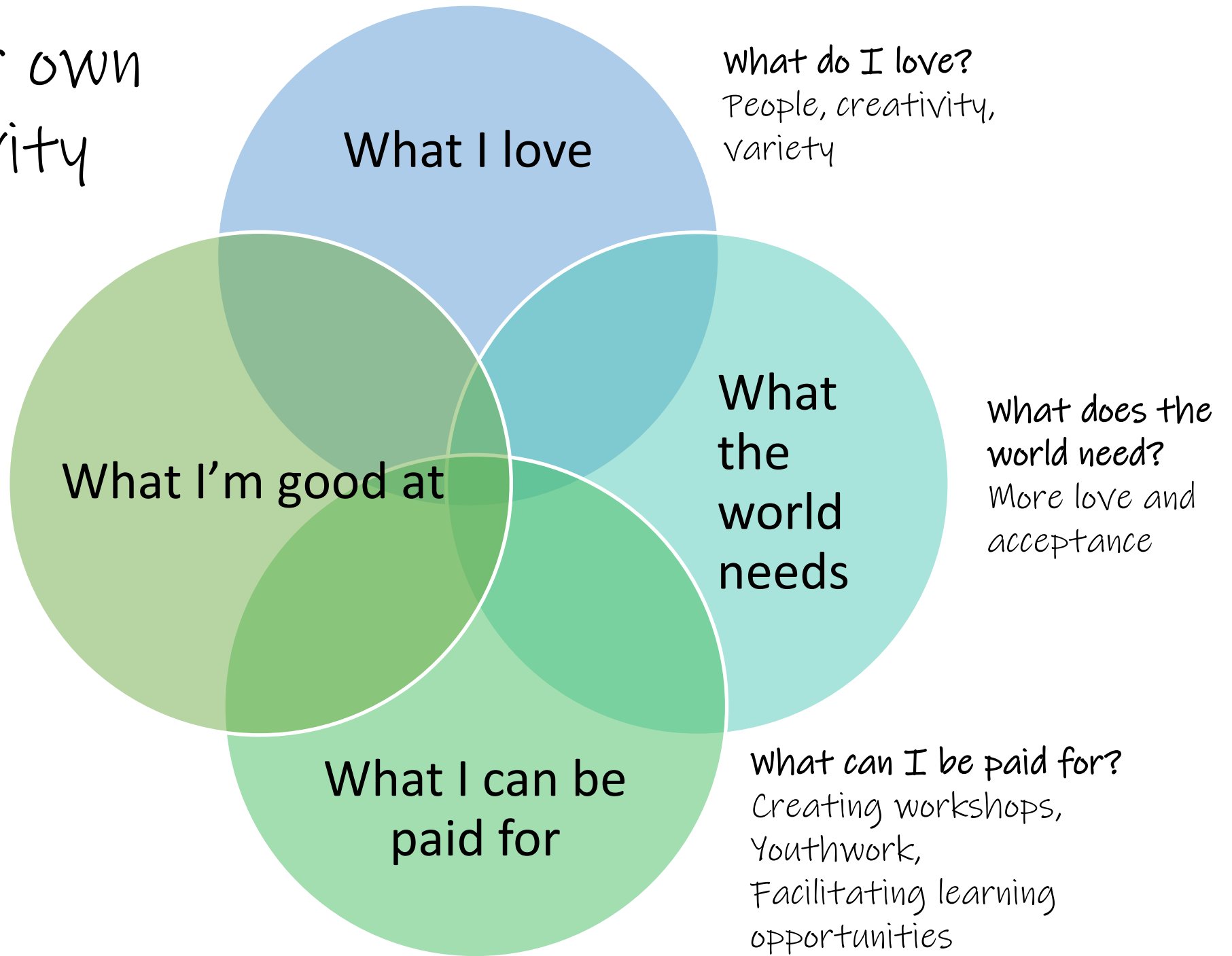
What do I love?

Keep coming back to these thoughts
to create a vision of a **future you**



Complete your own Ikigai Activity

What am I good
at?
Designing things,
listening and
helping
Others,

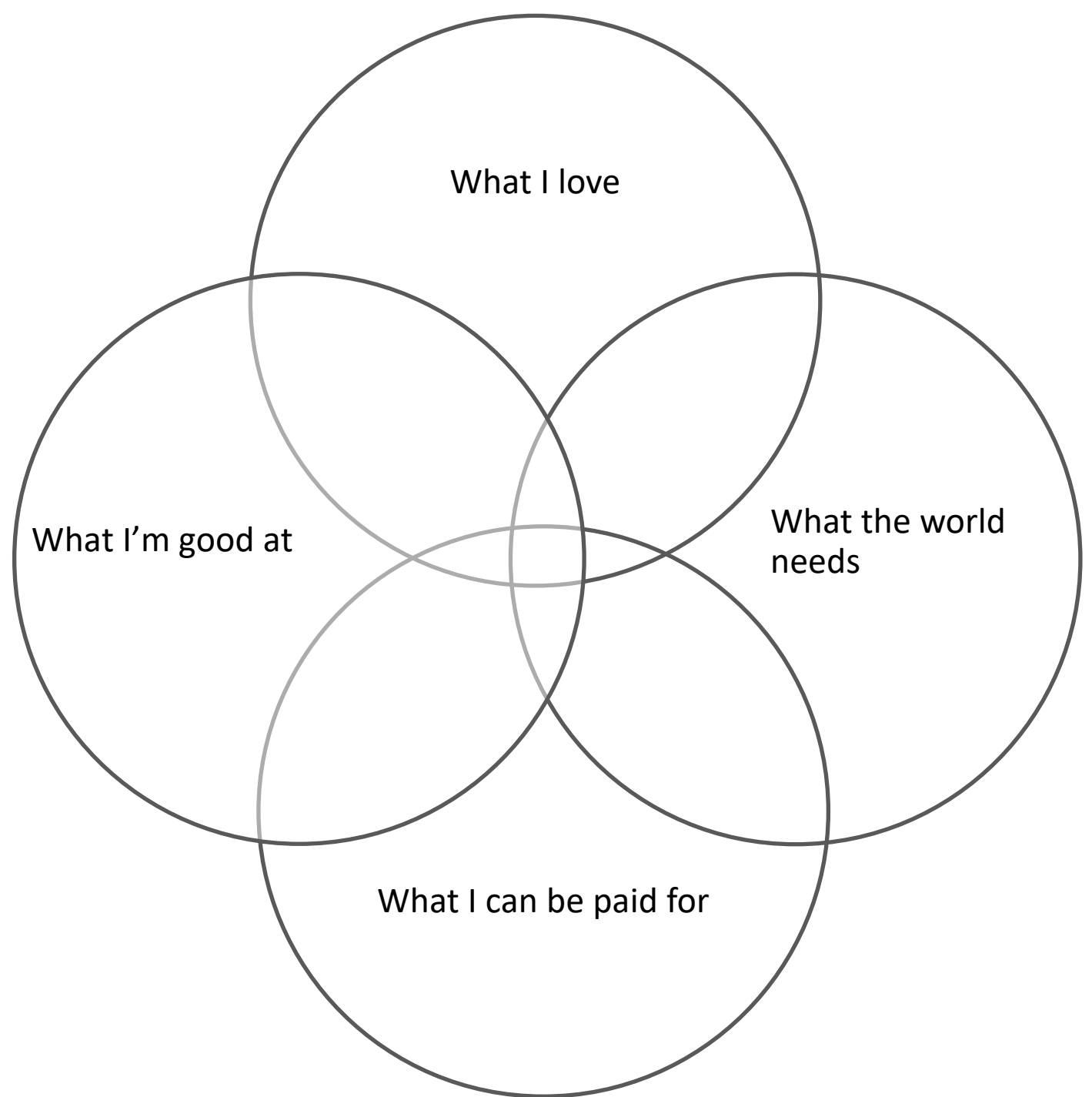


Now:

Have a go at
finding your
Ikigai

QUICKLY FILL
IN THE
SHEET

TRUST YOUR
INSTINCTS!!



I AM
becomes
I CAN
What does
the world
need?



Pause:

Skills &
jobs of the
future

Top 10 skills of 2025

Type of skill

- Problem-solving
- Self-management
- Working with people
- Technology use and development



Analytical thinking and innovation



Active learning and learning strategies



Complex problem-solving



Critical thinking and analysis



Creativity, originality and initiative



Leadership and social influence



Technology use, monitoring and control



Technology design and programming



Resilience, stress tolerance and flexibility



Reasoning, problem-solving and ideation

A photograph of two young men posing together against a warm, golden background. The man on the left is wearing a grey hoodie and has his hair styled upwards. The man on the right is wearing a red t-shirt and has his arm around the first man's shoulder. Both are looking directly at the camera with serious expressions.

IT COSTS NOTHING TO
HYPE **YOURSELF** UP

SO
GET
GOING

Make self-belief your journey

Where do we
promote
ourselves?...

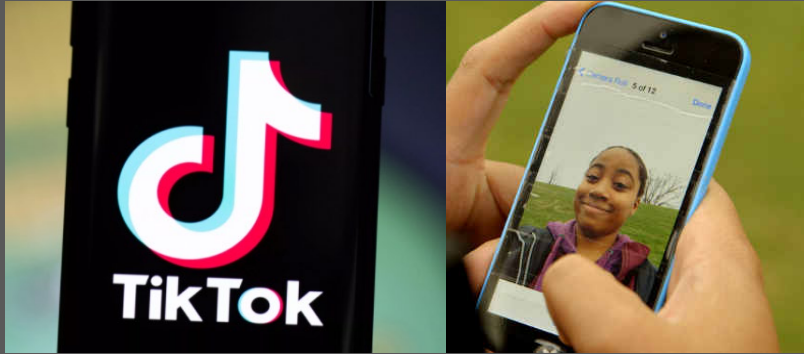


Everywhere
and all the
time

Q – How can
we do this
responsibly?



Record a
short selfie
film to
promote you!



Use at least
one **I AM**
statement!

I AM passionate
to inspire others
and ensure that
everyone feels
equal

I AM passionate
about our precious
planet and
desperate to help it
through science and
innovation

I AM
determined to
express myself
through music
and my lyrics
and hope I can
inspire others

Lunch

(back by 1.50pm)





Session 5

Confidence and
next steps

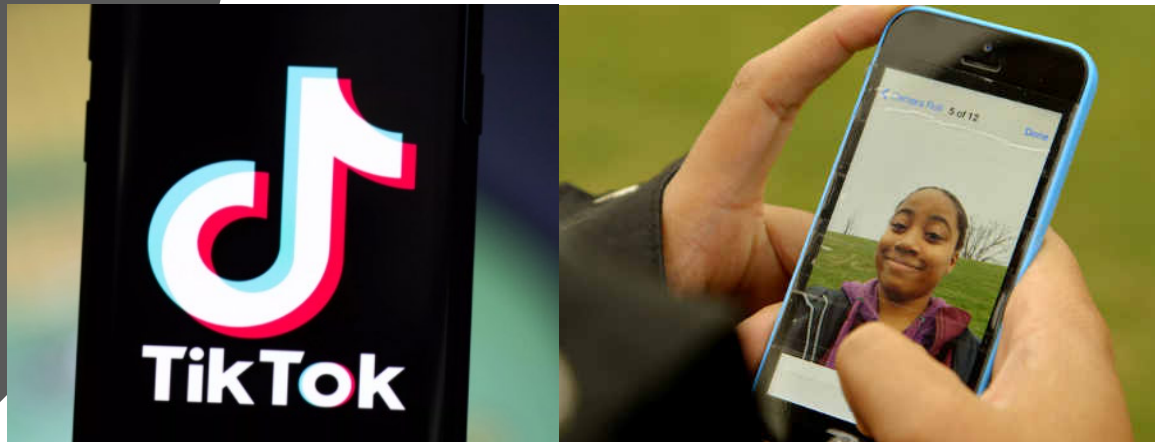
**THE
SECRET
YOU'VE
BEEN
KEEPING**

*is the gift of
YOU being
YOU*



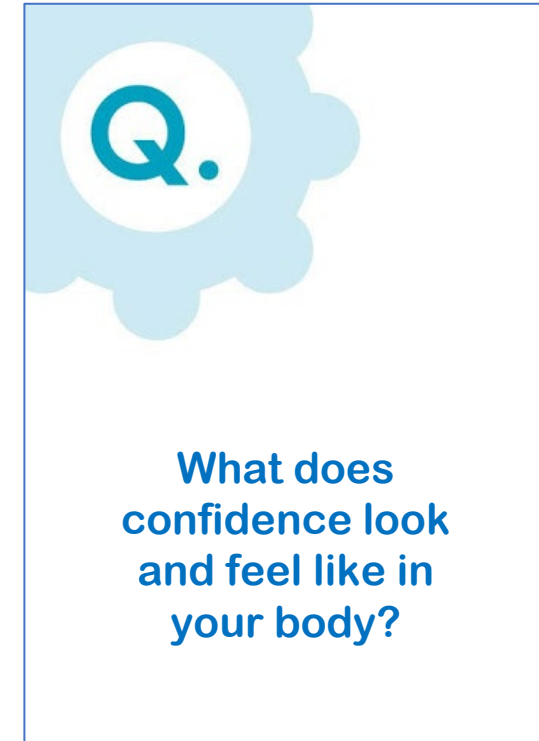
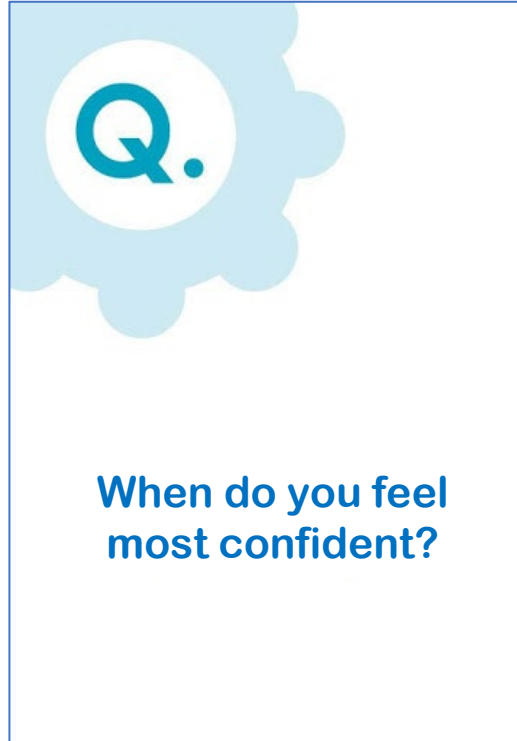
So lets
see some
of those
selfie
films.....

It's one thing saying it to
yourself, but to start really
developing your confidence and
owning it, lets share with
each other now....



You are your
biggest gift

Pair/Group task – discuss these
questions



26 POSITIVE
YOU'S

Then choose
your top 5!

Shall we lose this activity?

A - Artistic

B - Bubbly

C - Creative

D - Dedicated

E - Energetic

F - Friendly

G - Gregarious

H - Happy

Positive A-Z's

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

Watch film again – Ezra's story

How do you
feel differently
after
watching the
film again?

What stood
out for you, 2nd
time around?





Connect to YOU

WIN WESSEX
INSPIRATION
NETWORK



Your contribution to the world is your uniqueness, if you can tune into this you can reach your full potential!

1. Write down 4 reasons why you are unique? Be honest, use the most positive language you can think of! Big yourself up...
2. Text to yourself or write these down. Those 4 reasons you are amazing and unique and special! Read it every morning and every night....

Choose to be confident

Lastly... what does success mean to you?

Can you define it in one sentence?

Success is...

In pairs – share this statement with your partner...add **one positive next step** you can take for yourself

SUCCESS

**IS LIKING YOURSELF,
LIKING WHAT
YOU DO,
AND LIKING
HOW YOU DO IT**

MAYA ANGELOU

Write your top
5 positive
YOU'S and this
next step on
your postcard

Connect to YOU

WIN
www.winncop.ac.uk

KEEP IT SAFE



All these
things
together
make you
unique



**CHOOSE TO BE
COURAGEOUS**

Be yourself
AND BE TRUE

Connect to YOU

Feedback

Write down
anything you
found useful
from the
session?

Write down
anything we
could add or
improve?



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