

YOUTH ETIQUETTE

Mindset & Motivation™



A City & Guilds Group Collaboration

INVESTORS IN PEOPLE™
We invest in people Standard



YOUTH ETIQUETTE

Mindset & Motivation™

Duration: 2 x 1-hour sessions
1 x 2-hour session

Investment: 1595 PLN
(including personalised assessment,
report, course material and certificate)

Delivery: Via Zoom

Please contact us for registration details
and upcoming course dates.

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"This course was simply life changing. Mindset and Manners is the best self-investment you can make as a teen.

Right now I know not only how to go through life with confidence and elegance but also how to achieve my goals and manage my social life.

Thanks for having given me the tools that I need to become the best version of myself"

Recent attendee of the first in our series of Mindset programmes for teenagers

Course introduction

The world has become an even more challenging and demanding environment for young people as a result of the uncertain and turbulent times in which we are living.

This dynamic programme will provide direction, motivation and clarity for young people aged between 12-18 years, who want to learn more about themselves and improve their interpersonal relationships at home and school.

Embracing their innate style will give teenagers a more positive outlook on the future and help them grow into happy, healthy and successful adults. Parents will also be in a better position to support and guide them as they navigate their way in school, career choices, sports, and extracurricular activities.

The vision board process will provide young people with practical tools to clarify and focus on specific goals and create a clearer understanding of what they would like to achieve. The goal setting workshop will take this process one step further by giving them an actionable plan for the year ahead, using the vision board as a starting point.

Mindset & Motivation is delivered via four interactive and enjoyable Zoom sessions and will set your teenager on the road to becoming a focused, independent, confident young adult.

See overleaf for course breakdown.

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Course breakdown

MODULE ONE

***DISC Assessment (personal one-hour session)**

- Preparation: Personality and behavioural assessment completed online
- Preparation: Detailed, personalised report provided for review by parent and teenager
- Personal one-to-one , one-hour on-line feedback session to discuss the report and provide guidance

MODULE TWO

Vision board workshop (one-hour online group briefing session)

- The purpose of vision boards
- Examples of vision boards
- Discovery, words of affirmation and values
- Different types and materials and the planning process
- How to create a digital vision board

MODULE THREE

Goal setting workshop (two-hour on-line group session)

- Participants present and share vision board with group
- Review of past year's successes, challenges and learnings
- Identifying and setting SMART goals for the year ahead
- Breaking goals into actionable steps

Our *DISC online assessment is an invaluable behaviour profiling system that teaches users how to identify, and use to their advantage, the predictable aspects of communication. Based on the research of Dr William Moulton Marston, DISC is the most widely used behaviour profiling tool of its kind, supported by decades of research and validation.