#### An Online Tool for Showing Kids Their Brilliance

TREHDUSE

The third best thing in education **Secondary Six** 

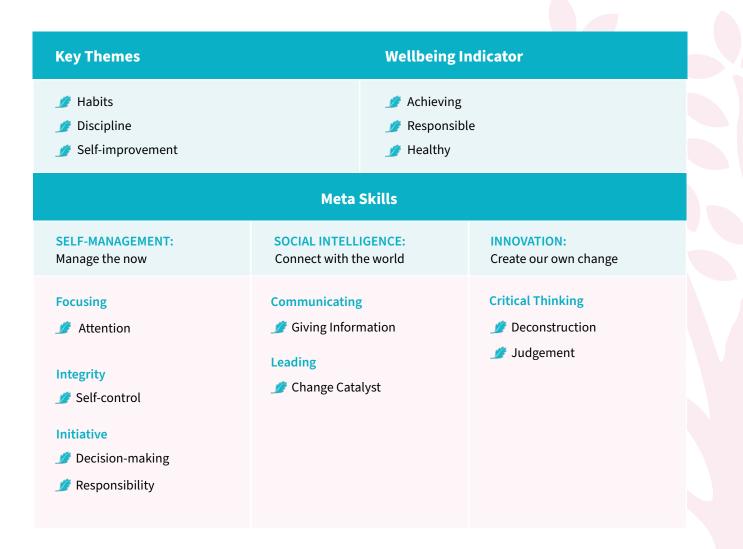
Planning and Preparation Toolkit

# Age of Leverage



#### Secondary Six

What if we told you that there were some top secret tools that you could use to achieve all of your goals far quicker? Would you be interested in finding out more about them? What if we then told you that these tools were actually not top secret at all...



# **Callus Your Mind**



#### Secondary Six

It's not easy being great. If it was, then everyone would be great. And if everyone was great, would great even be a thing? Or would great just be another word for normal?



### CBA



#### Secondary Six

Studies have shown that we can have a dip in motivation during our teenage years. In terms of school, this is when we need that motivation more than ever. This module challenges us to rediscover that inspiration.



### **Dreamers Unite**



#### **Secondary Six**

So it's nearly time to leave school. There's no better time to get your head well and truly back in the clouds!



### **Express Yourself**



#### **Secondary Six**

Let's face it... CV's aren't the most exciting thing in the world. But sometimes a little creativity can go a long way!



# **Find Your Flow**



#### Secondary Six

Decades of research have led towards the concept of Flow. A state of productivity and complete immersion in an activity. This module discusses how we get there and how we stay there.



# **Find Your Why**



#### Secondary Six

Part of getting to know yourself is understanding what you see your purpose to be. This underpins the difference we hope to make in the world one day.



# Intersectionality



#### **Secondary Six**

Understanding what intersectionality is and the way in which this understanding can impact the ways in which we view each other.

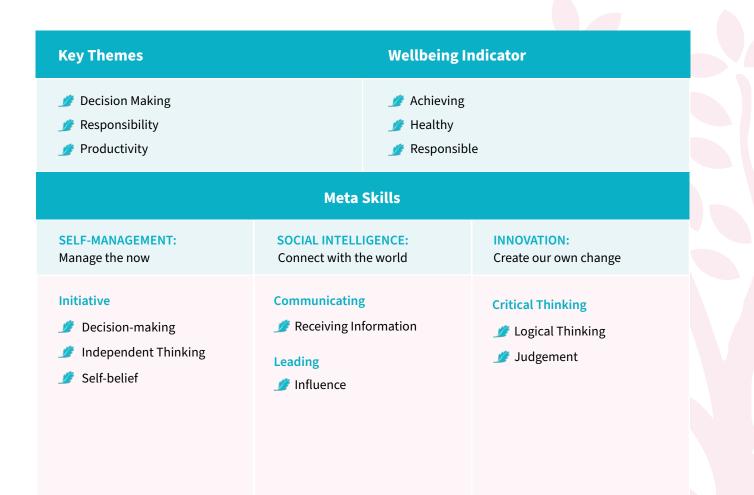


# **Making Decisions**



#### Secondary Six

Having to make decisions can result in a lot of anxiety. The more we can develop the skill of making decisions, the better we feel making them.



### **Meet Carlton**



#### Secondary Six

Carlton is the Operation Director at Manorview Hotel Group, his family's business. He has fast tracked into a leadership position and learned some important lessons along the way.



### Meet Kels



#### Secondary Six

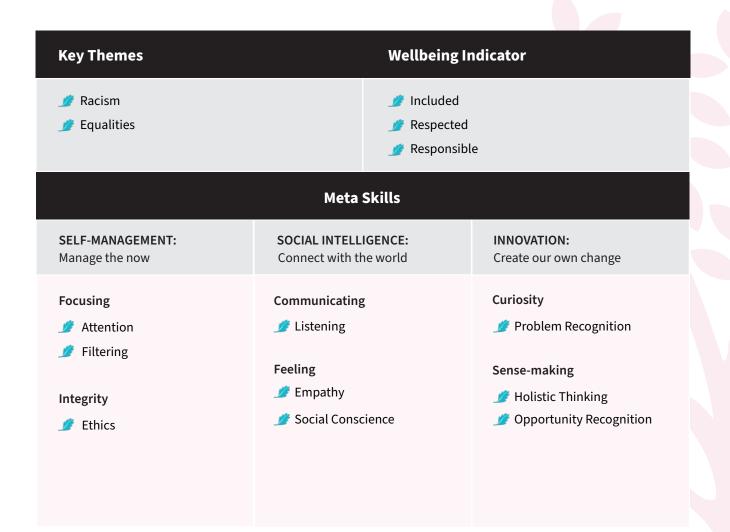
We caught up with Kels, an Audio Engineer who has wrestled with her mental health and reassessed her career aspirations as she has moved from school, to college, to university and beyond.



# Micro-Aggressions and Othering

#### Secondary Six

Discovering what micro-aggressions are and how to challenge them, and how to recognise othering at an individual and societal level.

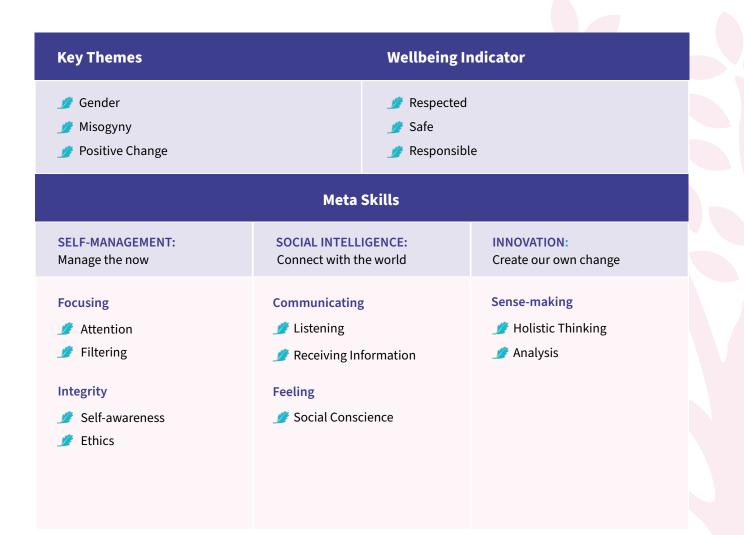


# Not All Men

# J/F

#### Secondary Six

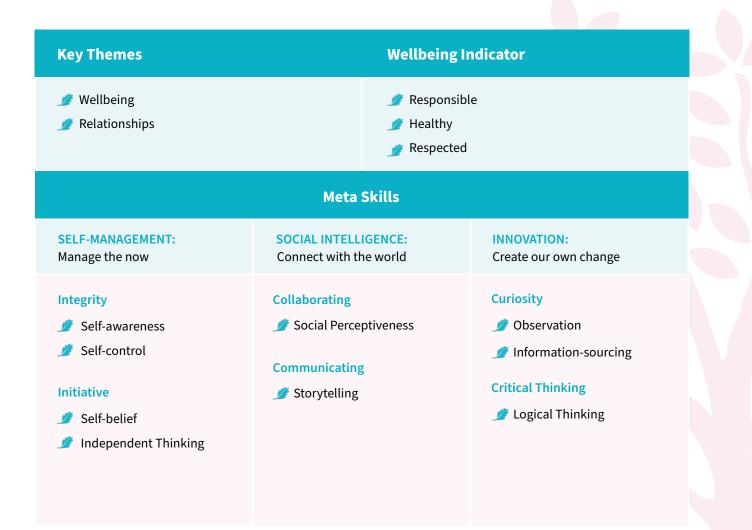
Why it is important to acknowledge gender when we talk about violence against women and how all men can help.



# Screenagers – FOMO v JOMO 🎾

#### **Secondary Six**

We've all heard of FOMO. You might even have felt it. Now it's time to shift our thinking and enjoy JOMO.



# **Stressing Out!**



#### **Secondary Six**

Stress is a growing problem at all ages. Learning how to manage it at a young age can be a vital part in our future success.

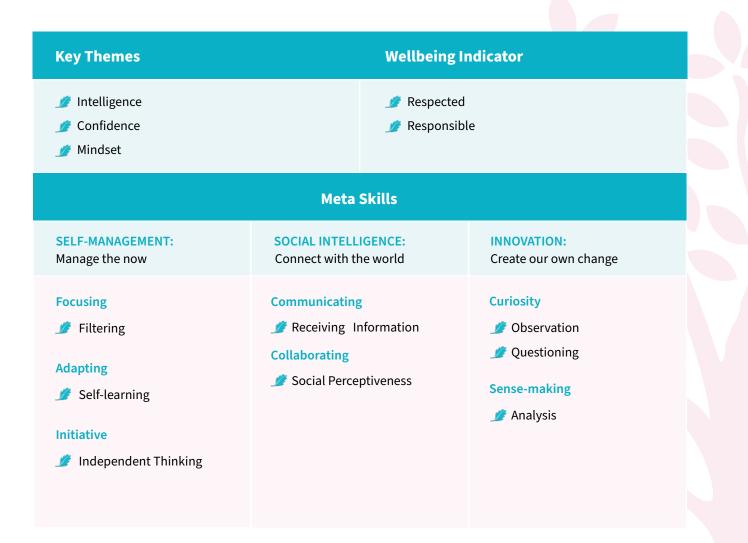


# **Thinking About Thinking**



#### Secondary Six

Biases. Errors. Approximations. Fallacies. When you really look into it, you'll realise that our mind is a minefield of mistakes. Mistakes which, believe it or not, are fully responsible for generating millions of pounds in one particular industry.

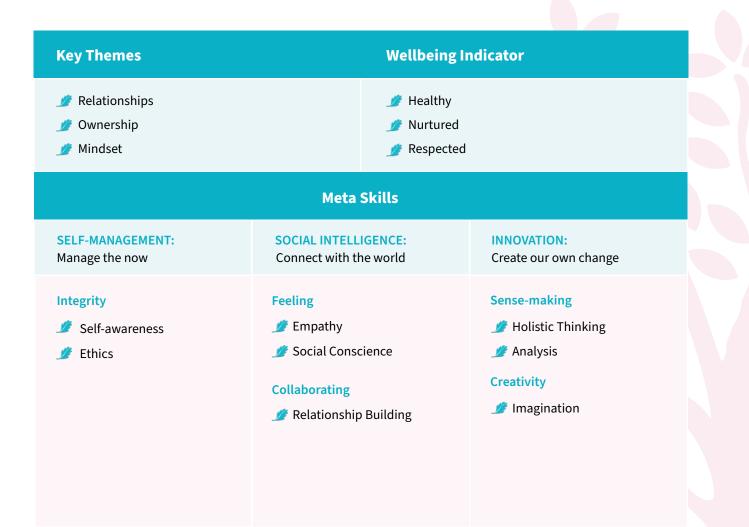


### Wear Sunscreen



#### Secondary Six

They say we only live once. Nonsense, we only die once. We get to live every single day with purpose and meaning.

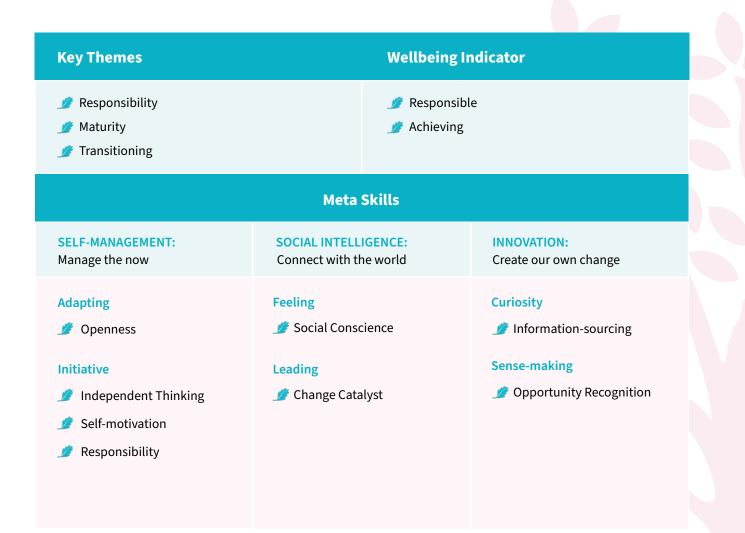


# What It's Like To Move Out



#### Secondary Six

Whether it's for university, college or work and whether it's now or in a few years, moving out for the first time can be one of the biggest challenges we face.



# Your Irrational Brain



#### Secondary Six

Your brain is incredible. But it's also irrational. Let's go for a walk around the inside of your head and see what we find. Just be wary of the various trapdoors, pitfalls and corners to cut along the way!



# full tool kit COMING SOON

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