



# EDUCATION 4 LIFE



[WWW.FIRSTCLASSNATION.COM](http://WWW.FIRSTCLASSNATION.COM)



[@FCNATIONUK](https://www.instagram.com/FCNATIONUK)





# CONTENTS

**Our aim is to make a difference to young people and their families across the region, in ways over and above what First Class Foundation can fund.**

***We work to do three main things:***

- ▶ Reducing youth violence
- ▶ Improving mental health resilience
- ▶ Connecting young people to their purpose

---

***Through influencing and supporting young people and their families in:***

- ▶ Family
- ▶ Business & Economics
- ▶ Health & Well-being
- ▶ Justice
- ▶ Politics
- ▶ Education
- ▶ Media

---

INTRODUCTION

---

AIM

---

DELIVERY PLAN

---

OBJECTIVES

---

SESSIONS

---

INVESTMENT

---

ADDITIONAL OPTIONS



## INTRODUCTION

A series of twelve two- hour lessons, devised to empower, excite transform the lives of young people aged between 13 and 18 in the in school.

Each seminar or lesson can be broken down into half hour or hourly seminars some will be in the form of workshops, others will be larger conferences and others will be very informal practical sessions.

Each lesson has an important message additionally, all seminars come with a session outline, rationale and lesson plan for convenience and to manage the planning which in many schools can be quite tiresome. For each session resources can be provided and so this enables the user to “grab and go”.

“Enabling the next generation to be successful in the classroom but more importantly in life”



# DELIVERY PLAN

## AIM:

To bridge the gap between the taught curriculum from KS3-4 and every day issues young people face today, we understand that young people must be prepared to face the challenges of the new world they will one day enter.

We see it as a priority to not only equip them with academic qualifications, but also to challenge, inspire and motivate them to understand the reality of life outside of the classroom. Today we have access to a wealth of information at the tap of a device, Education 4 Life will cause young people to reflect on areas they may not be familiar with allowing them to learn in a safe, practical and innovative environment.

## A FLEXIBLE SOLUTION

We understand that many educators are quite frankly time depleted, which is why we have developed a simple solution that is incredibly flexible.

Education 4 Life has 12 components each one lasting 2 hours and is suitable for groups of 15. This means that you have the choice in terms of the way in which you would like it delivered! This could be over 12 weeks fitting into a complete term, you have the freedom to choose how long you would like the programme to last.

The programme is supplied in a ready to go format, complete with one of our licensed facilitators delivering the sessions, saving you time on delivery, assessment and evaluation as this is all included in the programme.



## OBJECTIVES

- To encourage young people to think about themselves in a positive way
- To raise the moral standards and principals of young people
- To raise self-confidence and self-esteem
- To promote the importance of education in all its forms and to potentially change the average.
  - grades achieved to ones of a higher standard.
- To promote the importance of a healthy balanced lifestyle (mind, body, etc)
- To highlight the importance of consequences for all actions
- To encourage young people to think outside the box to be different.
- To offer a safe environment to be used as a sound board for different issues they may face.
- To offer private and confidential one to one mentoring, counselling and signposting to those
  - who require it
  - To offer individual support to those who require it.
  - To offer a fun safe environment where young people can come and be themselves.
  - To enable the next generation to be successful in the classroom but more importantly in life.



# SESSIONS



## Who do you think you are?

Strengths and weaknesses, we are not all perfect. You need to know who you are and what you are good at, take an inventory of your life.



## Take a deeper look

What does it really take to be a great success, to who much is given, much is required. Looking at movers and shakers today and what they did to get to where they are today. looking at what it is going to take for them to be successful in their own lives and the skills required.



## I need more

Money management is a discipline, easy come, easy go! Financial planning, investment and money management.



## Mastering your emotions- don't believe the hype

We are all different and things will affect us each in their own way, it is important not to let your emotions get out of control. Looking into the feelings and emotions that young people feel daily, in school, amongst peers, at home with parents, elders and teachers.



# SESSIONS



## Aspire to inspire

Let's see what you are really made of! Can you be all that you want to be? The proof is in the pudding, showcase your talents under the scrutiny of the real world. Young people will present themselves to their peers as their future self, using posters, business cards and a strategy for their future self.



## The follow up

How do you treat people after they have given you what you want? Do you have an attitude of gratitude? We look at the type of attitudes need to be successful in the future.



## Let's strike a balance

You cannot be everywhere and doing everything all at the same time! Understand your limits and learn strategies to balance, work rest and play



## The review

Look at learning throughout the journey so far and review learning and impact.



# SESSIONS



## Now and then

Looking at areas in life where you have overcome a challenge or obstacle, understanding what had to be done to overcome. Comparing now and then, if you don't know where you came from, how will you know where you are going? Have you changed for the better or not?



## Show me your friends and I will tell you who you are

Whoever you choose as friends will determine how far you go, do you know that Eagles saw but chickens cannot fly? What would you prefer to be a chicken or eagle? Friendships have a big impact on our lives and can influence the decisions we make.



## Nearly there

This session covers what has been taught over the previous weeks, we look at the set of goals we aim to achieve, encouraging them to dream big and think about what they really want to see in their lives.



## Times up!

Final session and evaluation, sharing feedback about what has really impacted them during this time. Learners will share to a wider audience what they need to do next to stay on track, evaluation and feedback for the entire programme is captured here.





## INVESTMENT

### The Complete Package

**£3000**

All of the below included in your complete package

1X LICENSED FACILITATOR

12X 2 HOUR EDUCATION 4 LIFE SESSIONS - UPTO 15 YOUNG PEOPLE.

1X SUPPORTIVE ENABLER

COMPREHENSIVE DETAILED EVALUATION REPORT INCLUDES ASSESSMENT AND IMPACT

#EDUCATION 4 LIFE JOURNAL

### ADDITIONAL OPTIONS\*

SHORT HIGHLIGHT REEL  
GRAB AND GO  
#EDUCATION4LIFE SYSTEM  
FOR FUTURE USE, WITH  
COMPLETE FULL DAY  
TRAINING WORKSHOP FOR  
UP TO 5 ADDITIONAL  
MEMBERS OF STAFF

*\*These options can be purchased individually and added on in addition to your complete package*



SCAN ME

Scan the bar code to speak with a member of our team.