



Programmes on Offer

Here at NXG, we aim to deliver **holistic and accessible workshops**, as well as staff CPD training, to **children, educators, and parents** within the Cambridgeshire and Milton Keynes regions. Our interactive workshops, **delivered by qualified wellbeing coaches**, are **tailored for PSHE sessions** and other school activities. These workshops include a seamless pathway to our wellbeing service, along with access to self-help guides for students to **thrive academically, socially, and emotionally**.

For Secondary Schools & Colleges, Barclays Life Skills Programmes Include:

> Wellbeing Toolkit

Understand, manage, and improve your students' mental wellbeing for success in school, work, and life.

Looking after your mental wellbeing is just as important as physical health. This session helps students develop essential skills such as *resilience, self-confidence, time management, and coping strategies to navigate challenges* in education and beyond. By focusing on practical ways to maintain good mental health, students can better manage stress, stay motivated, and prepare for the future.

Who is it for?

> Secondary students and college learners

Age Range:

> 11 - 19 years

Time to Complete:

> 30- 60 minutes

- ✓ *Learn how mental wellbeing affects success in education and careers*
- ✓ *Develop resilience, confidence, and time management skills*
- ✓ *Explore strategies to manage stress and stay motivated*
- ✓ *Understand when and how to ask for support for yourself and others*

Good mental wellbeing is key to staying focused, achieving goals, and handling life's pressures. This session equips students with the tools to take charge of their mental health and build a strong foundation for success.

> Setting Goals: Planning for Success

Learn how to set clear, achievable goals and stay motivated to reach them.

Success doesn't happen by chance — it starts with setting the right goals and having a plan to achieve them. This session helps students *break down big ambitions into manageable steps*, use SMART goal-setting techniques, and develop a growth mindset to stay motivated along the way.

Who is it for?

> Secondary students and college learners

Age Range:

> 11 - 19 years

Time to Complete:

> 30 - 60 minutes

- ✓ *Identify the steps needed to reach a larger goal*
- ✓ *Use the SMART goal-setting framework to stay focused and on track*
- ✓ *Develop a growth mindset to overcome challenges and stay motivated*
- ✓ *Apply goal-setting techniques to education, career, and personal development*

Setting goals is the first step to turning your aspirations into reality. This session equips students with the skills to plan effectively, stay disciplined, and achieve success.

> Self-Confidence: Building a Stronger Mindset

Develop the confidence to face challenges and believe in your abilities.

Confidence grows when you tackle challenges, adapt to new situations, and believe in yourself. This session helps students *understand how overcoming obstacles can strengthen self-esteem* and prepare them for success in school, work, and life. Through practical activities, students will explore positive thinking, problem-solving strategies, and ways to approach challenges with confidence.

Who is it for?

> Secondary students and college learners

Age Range:

> 11 - 19 years

Time to Complete:

> 30 - 60 minutes

- ✓ *Identify challenges and explore how overcoming them builds confidence*
- ✓ *Learn strategies to face fears and approach problems with a positive mindset*
- ✓ *Recognize how confidence can improve performance in school and the workplace*
- ✓ *Apply techniques to build self-esteem and tackle challenges with resilience*

Self-confidence is a skill that develops over time. This session provides students with the tools to think positively, face challenges head-on, and believe in their ability to succeed.

> Problem Solving: Thinking Critically & Finding Solutions

Develop essential problem-solving skills to navigate challenges in school, work, and everyday life.

Problem-solving is a key skill that helps students *tackle challenges, think critically, and make effective decisions*. This session introduces students to adaptable approaches for solving different types of problems, highlighting its importance in learning, daily life, and future careers.

Who is it for?

> Secondary students and college learners

Age Range:

> 11 - 19 years

Time to Complete:

> 30 - 60 minutes

- ✓ *Identify different types of problems and strategies to solve them*
- ✓ *Develop an adaptable approach to problem-solving*
- ✓ *Recognize problem-solving as a key skill for education and the workplace*
- ✓ *Apply teamwork and critical thinking to real-world scenarios*

Problem-solving is an essential skill for success in school, work, and beyond. This session provides students with the tools to think strategically, overcome challenges, and approach problems with confidence.

For Primary Schools, Barclays Life Skills Programmes Include:

> Transition Toolkit: Getting Ready for Secondary School

Feel prepared, stay confident, and make a great start in your new school.

Moving to secondary school is a big step, but with the right support, it can be an exciting and positive experience. This session helps young learners *understand what to expect, build confidence, and develop skills to settle* into their new school environment.

Who is it for?

> Primary school students preparing for secondary school

Age Range:

> 11 - 12 years

Time to Complete:

> 30 - 60 minutes

- ✓ *Learn what to expect in secondary school and how to prepare*
- ✓ *Build confidence in making new friends and adjusting to a new environment*
- ✓ *Develop key skills for learning, independence, and future success*
- ✓ *Understand the importance of respecting differences and being inclusive*

Starting secondary school is a new adventure! This session gives students the knowledge and tools they need to feel ready, stay positive, and enjoy their transition.

> Confidence & Wellbeing: Feeling Good Inside & Out

Learn how confidence and a positive mindset help you feel happy and strong.

The move from primary to secondary school is a significant milestone for students, bringing both excitement and uncertainty. This interactive session is designed to help learners aged

11 to 12 develop confidence, resilience, and a positive approach to their new school environment. Through *fun activities, discussions, and role-playing*, students will *learn simple ways to boost their confidence and take care of their wellbeing* at home and school.

Who is it for?

> Primary school students

Age Range:

> 11 - 12 years

Time to Complete:

> 30 - 60 minutes

- ✓ *Define wellbeing and understand its impact on learning and personal growth*
- ✓ *Recognise how confidence supports emotional resilience and positive interactions*
- ✓ *Explore practical techniques to enhance mental and emotional wellbeing*
- ✓ *Develop strategies to maintain a positive mindset and confidently support peers during the transition*

This session provides an engaging and supportive environment to help students navigate the early weeks of secondary school with greater self-assurance and emotional readiness. By fostering confidence and wellbeing, educators can empower students to approach this new chapter with enthusiasm and resilience.

> Strengths, Goals & Aspirations: Dream Big & Plan for the Future

Supporting Year 7 students in identifying their strengths and setting meaningful goals.

As students transition into secondary school, it's an ideal time to encourage self-reflection and goal-setting. This session is designed to help learners explore their unique talents, interests, and aspirations. By *fostering self-awareness and future planning*, students will gain a clearer sense of how their *strengths can shape their personal and academic journeys*. Using *interactive activities*, including the Wheel of Strengths tool, students will have the opportunity to *identify what they enjoy, recognize their skills, and explore how these can connect to future goals*.

Who is it for?

> Primary school students

Age Range:

> 11 - 12 years

Time to Complete:

> 30 - 60 minutes

- ✓ *Understand the concept of aspirations and how to set personal goals*
- ✓ *Recognize individual strengths and skills that contribute to success*
- ✓ *Explore different career pathways and how they relate to talents and interests*
- ✓ *Learn how to take small, practical steps toward achieving long-term goals*

Thinking about the future can be exciting! This session aims to help students build confidence in their abilities and start imagining where their strengths can take them.

For Educators, Our CPD Programme Includes:

Comprehensive Educator CPD Training

A holistic programme supporting student well-being, resilience, and inclusive learning.

This CPD session combines essential elements of mental health awareness, resilience-building, stress management, neurodiversity inclusion, and emotional well-being. Educators will gain practical strategies to create a supportive learning environment that nurtures both student and teacher well-being.

Who is it for?

> Educators

Time to Complete:

> 60 - 120 minutes

- ✓ *Identify early signs of mental health challenges in students*
- ✓ *Develop strategies to help students build resilience and manage stress*
- ✓ *Foster a classroom environment that supports emotional well-being*
- ✓ *Recognize and support neurodiverse learners with inclusive teaching methods*
- ✓ *Maintain educator well-being and prevent burnout*
- ✓ *Promote mindfulness, relaxation, and well-being practices in the classroom*

This session ensures educators are equipped with the knowledge and practical tools to create a safe, nurturing, and effective learning environment for all students.

Here at NXG, we strive to continuously expand our programme base. If there's an area you're interested in exploring, feel free to reach out and let us know -

Chances are we're already working on an offering that will cater to your needs!