

EXAM READY WORKSHOP



DURATION

90min – 120min

The Exam Ready is designed for all year groups

3 REASONS WHY YOUR STUDENTS NEED THIS WORKSHOP

96% of your year group feels anxious about exams

59% feel under pressure from parents to do well

14% of students have tried alcohol to deal with the anxiety.

WE TAKE OVER YOUR HALL FOR THE EXAM SIMULATION WORKSHOP AND TACKLE THE FOLLOWING:

EXAM YOGA

To reduce tiredness, we have devised simple yoga moves that can be performed during the exam

MANAGING SILENCE

We teach your students how to use 'Image Substitution' to combat the mental interference of silence

MIND GAMES

We have created ways to respond to the inner voice in a fun and creative way

FREE OXYGEN

We coach your students on the art of breathing and how it helps them with knowledge flow

KUNG FU THE PAPER

These are the methods on how to karate kick the exam for maximum marks

USING THE CLOCK

We take them through how to allot time to sections and feel at ease. Write... Relax... Review...

"AMAZING! I feel a lot better about my exams now. Thank you! Brilliant!" - [Year 11] Bilton High School, Rugby



FIXUP SEMINARS

Motivating & Empowering UK Education

44 Broadway, E15 1XH

www.fixupseminars.co.uk

admin@fixupseminars.co.uk

08445 610 410