

BETHAN CHRISTOPHER

Programmes and  
Workshops  
2014/15



**Bethan Christopher** is an author, speaker and coach who is passionate about empowering young people with success principles used by the greatest thinkers and achievers of our time.

All of the educational programmes that she offers can be applied to adults and children alike— academically, professionally and personally.

Bethan has worked extensively with primary age children as well as Key Stage 3/4 students. She has delivered Goal Mapping success workshops to children across a variety of IOW schools, young adults and professionals, as well an extended programme to London based homeless youth aged 16-21. She is the author of *Grow Your Own Gorgeousness* and creator of the *Gorgeousness Programmes*.

With her fresh style of delivery and quirky creative expression, Bethan's signature is her ability to translate powerful success methodology with impact, ease, clarity and humour.

BETHAN CHRISTOPHER

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## GOAL MAPPING FOR KEY STAGE 2

### **PACKAGE ONE: The Seven Magic Keys For Success**

#### **1x 180 minute Goal Mapping – The Seven Magic Keys for Success.**

1 x 180 minute workshop for Year 5 and 6, designed for all learning styles and abilities. Participants are given tools to identify their goals and are empowered with the Goal Mapping system to creatively break these goals into manageable, measurable, achievable steps using the visual right brain hemispheres and organisational left brain structuring.

### **PACKAGE TWO: The Master Trio**

#### **1x 180 minute Goal Mapping – The Seven Magic Keys for Success.**

Interactive, dynamic and engaging, this whole-brain workshop is suitable for Year 5 and Year 6 pupils of all ability. Course content and the language/approach used is adapted to suit every learning style and based on sound principles of accelerated learning. Superb for raising aspirations and introduces the life-skill of goal-setting in a fun, interactive way.

#### **1 x 180 minute Goal Mapping – Master of Learning Workshop**

Using the Goal Mapping success principles, pupils harness inspiration-led motivation and practical and logical left brain skills to map the way forward in their learning. The Goal Maps they create make excellent review material, offer ongoing support and are a great way to continue charting the progress to personal success.

#### **1 x 180 minute Goal Mapping – Master of Action Workshop**

Not only can it be used to enhance motivation and goal setting aptitude, but Goal Mapping has also shown measurably improved SATS results and is a superb transitional aid for student moving into Year 7. This workshop is based on sound principles of accelerated learning to help pupils utilize state-management and positive pre-play to access their learning and achieve their best results.

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## GOAL MAPPING FOR KEY STAGE 3/4

### PACKAGE ONE: Goal Mapping—The Success Workshop

Full day workshop for Year 7 +, designed for all learning styles and abilities. Participants are given tools to identify their goals and are empowered with the Goal Mapping system to creatively break these goals into manageable, measurable, achievable steps using the visual right brain hemispheres and organisational left brain structuring.

**The Goal Mapping Success Workshop** can be presented to up to 100 students at any one time. The principles that underlie the system can be tailored and applied to a variety of different purposes.

Areas that it is effective are:

- **Aiding transition in Year 7**
- **When making important GCSE choices in Year 9, in Key Stages 4, 5 and beyond.**
- **Teaching practical and enjoyable method of organising thoughts, identifying ambitions and setting goals that are realistic yet challenging.**
- **Helping students who have little idea about what they want to achieve in life.**
- **Motivating students who lack the drive to succeed.**
- **Inspiring students who lack the stamina to pursue self-set goals.**

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## GOAL MAPPING TEACHER/STAFF WORKSHOP

### 6 hour Goal Mapping Success Teacher Workshop

The world is changing faster than it has done ever before.

With every leap in technology, the way we shop, live, communicate, spend, relate and do business changes. With companies downsizing and merging, new industries surging to life and traditional businesses becoming obsolete and if any organization in any industry is to succeed, it must be dynamic, flexible and forward thinking.

This includes schools.

To empower your school with dynamism, flexibility and creativity, you need to empower the individuals within it with those same qualities. The Goal Mapping Success Package will help your team of teachers create the internal success culture that will in turn produce successful classrooms, successful targets and successful results.

The Goal Mapping Teacher Training is a 6 hour workshop. Highly practical, entertaining and empowering, both personally and professionally, Goal Mapping is ideal for schools whose staff need to bring a boost of motivation to their teaching and classrooms.

Staff will leave feeling empowered and motivated, with personal Goal Maps to steer their targets as well as a cutting edge methodology to introduce in the classroom.

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## GORGEOUSNESS PROGRAMME KEY STAGE 2

### KEY STAGE 2 PACKAGE

The Key Stage 2 Gorgeousness Programme is a unique, preventative package that has been developed to combat the issue of low self esteem caused by body image. Utilising sound principles of NLP (Neuro Linguistic Programming), CBT (Cognitive Behavioural Therapy) and accelerated learning, the programme empowers children with the skills and knowledge to shift their inner narrative and develop self esteem and confidence in who they are as opposed to how they look.

There are two Key Stage 2 Gorgeousness packages available.

#### PACKAGE ONE:

##### · STUDENT PROGRAMME:

- 1 x full day Gorgeousness workshop
- 5 x 120 minute weekly workshops
- 1 x award event steered by participants

##### · PARENT PROGRAMME:

- 1 x 120 minute Gorgeousness workshop to raise parent's awareness around their own self esteem and tackle negative body narrative.
- Access to the 6 week Gorgeousness Online e-course.

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## GORGEOUSNESS PROGRAMME KEY STAGE 2

### PACKAGE TWO:

#### · STUDENT PROGRAMME:

- 1 x full day Gorgeousness workshop
- 5 x 120 minute weekly workshops
- 1 x award event steered by participants

#### · PARENT PROGRAMME:

- 1 x 120 minute Gorgeousness workshop to raise parent's awareness around their own self esteem and tackle negative body narrative.
- Access to the 6 week Gorgeousness Online e-course.

#### · TEACHER WORKSHOP:

- 1 x 120 minute Gorgeousness workshop for in-house staff who are interested in shifting their negative body and learning how to better support students in raising self esteem.
- Access to the 6 week Gorgeousness Online e-course.

### BOLT ON OPTIONS:

#### STUDENT 1-1 COACHING:

Extra 1-1 sessions can be provided for those pupils who are facing specific challenges around self esteem and body image, eg. cyber bullying, anxiety etc

#### GORGEOUSNESS PROGRAMME TRAIN-THE-TRAINER:

Training for in-house staff member/s to become practitioners of the Key Stage 2 Gorgeousness Programme.

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## GORGEOUSNESS PROGRAMME KEY STAGE 3/4

The Key Stage 3/4 Gorgeousness Programme is a unique, preventative package that has been developed to combat the issue of low self esteem caused by body image. Utilising sound principles of NLP (Neuro Linguistic Programming), CBT (Cognitive Behavioural Therapy) and accelerated learning, the programme empowers young women with the skills and knowledge to shift their inner narrative and develop self esteem and confidence in who they are as opposed to how they look. There are two Gorgeousness packages available as well as additional bolt-on options.

### PACKAGE ONE:

#### · STUDENT PROGRAMME:

- 1 x full day Gorgeousness workshop
- 5 x 120 minute weekly workshops
- 1 x award event steered by participants

#### · PARENT PROGRAMME:

- 1 x 120 minute Gorgeousness workshop to raise parent's awareness around their own self esteem and tackle negative body narrative.
- Access to the 6 week Gorgeousness Online e-course.

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## GORGEOUSNESS PROGRAMME KEY STAGE 3/4

### PACKAGE TWO:

#### · STUDENT PROGRAMME:

- 1 x full day Gorgeousness workshop
- 5 x 120 minute weekly workshops
- 1 x award event steered by participants

#### · PARENT PROGRAMME:

- 1 x 120 minute Gorgeousness workshop to raise parent's awareness around their own self esteem and tackle negative body narrative.
- Access to the 6 week Gorgeousness Online e-course.

#### · TEACHER WORKSHOP:

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## GORGEOUSNESS PROGRAMME KEY STAGE 3/4

### BOLT ON OPTIONS:

#### STUDENT 1-1 COACHING:

Extra 1-1 sessions can be provided for those pupils who are facing specific challenges around self esteem and body image, eg. cyber bullying, anxiety etc

#### GORGEOUSNESS IN HOUSE COACHING:

Extended training for pupils who are interested in becoming 1-1 Gorgeousness coaches and mentors or speakers, thereby helping to create a positive shift in the world of body confidence and self esteem. Includes school resources to support in-house 1-1 Gorgeousness coaching and mentoring model.

#### GORGEOUSNESS PROGRAMME TRAIN-THE-TRAINER:

Training for in-house staff member/s to become practitioners of the Key Stage 3/4 Gorgeousness Programme.

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**Booking an empowerment programme for your school  
could not be easier. Simply call or email ...**

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