



“Ease the Load”

Helping Students Get Control of Their Busy Life

COURSE DESCRIPTOR:

Revising for exams, planning projects, removing distractions ... many students struggle to cope with the increase of pressure as they progress through their later school years. Many admit that they find it difficult to be organised and scheduling all of the tasks they need to complete becomes overwhelming.

Positive People already have extensive experience helping teachers and support staff cope with their own hectic workloads, and have now developed this course to assist S5/S6 students.

This short program provides a simple, direct approach, helping students to effectively manage their time, switch off distractions, and effectively use a variety of everyday tools to gain control in their busy life.

LEARNING OUTCOMES:

In this course, pupils will learn how to:

- Skilfully manage a busy schedule.
- Switch off distractions and keep social networks in their place.
- Efficiently organise paperwork, calls and other inputs.
- Effectively plan and progress projects.
- Determine and prioritise their goals.
- Reduce stress and anxiety and increase creativity.



ABOUT THE PRESENTER

David Longstaff has over ten years experience in productivity and workload stress. Since the 1990's as a director of a fast paced Dot com and running his own company to a senior manager in a multi-national consulting and services firm, he has learned and taught the principles of managing a busy and balanced life and motivating successful teams. Having spent many hours working with school management teams, he is now delivering this course within the education departments across a number of Scottish local authorities and in independent schools.

For more information, please contact David Longstaff on 07803 011673 or email david@positivepeople.biz



WHAT PEOPLE SAY:

“We have had many really positive comments from the pupils which confirms that there is a real need for this type of work with S5.”

- Sandra (Depute Head, Edinburgh)

“It was informative and easy to follow, positive and helpful” - Pupil (Edinburgh)

“It was refreshing to go on a course that gave realistic and practical strategies for organising a somewhat chaotic lifestyle without making you feel inadequate for not having sorted things sooner.” - Karine (Teacher, Fife)

“A great impact—Thank you.” - Alison (Stuart's Melville College)

“An excellent mix of theory, practice and self-reflection. Simple but so effective!” - Linda (Education, East Lothian)

“It's been one of the best courses I've attended!” - Susan (Teacher, Scottish Borders)

MORE INFORMATION

The session can be delivered effectively over a 1 day period to an entire year, working with guidance staff using a series of presentations, workshops and group exercises.