

NEW

The Strengths System

An innovative package of personal development resources



The Yes Futures Strengths System is a package of personal development resources, designed to support your KS3 students to understand their strengths and how they can use them to be successful.

We understand that there are going to be new challenges to face as students return. Many teachers are worried about their students' mental health, and young people are worried about their futures.

Designed to support students as they return to school after lockdown, the Strengths System enables students to:

Develop techniques to manage stress and maintain positive wellbeing

Build resilience and boost self-esteem

Become confident in their strengths

Establish a habit of goal-setting

Set ambitious targets for the future

Introductory Price

Strengths System Pricing

£1,750 for the full Strengths System package provides a full year group of students with:

- A comprehensive personal development curriculum, perfect for tutor time or PSHE lessons.
- 12 weeks of lesson plans with PowerPoints and resources, including group discussion ideas and activities.
- A copy of My Strengths Toolbox for each student: a personalised workbook which guides them through a series of reflective and goal-setting activities.

“The Strengths Toolbox provides a structure for teaching complex but important skills. The more a child can recognise and accept their own self-worth, the better.”

Emily, Vice Principal

£1,750 includes all resources and Strengths Toolboxes for 200 students. Additional Toolboxes are priced at £3 each.

A full set of ready to use PowerPoints and lesson plans

Perfect for PSHE lessons or tutor time

Flexible to suit different student abilities

Easily adapted to meet your school priorities

A combination of group activities and independent work

My Strengths Toolbox

My Strengths Toolbox is a comprehensive personal development workbook which helps young people to understand their strengths and how they can use them to be successful.

The Toolbox comprises of four sections, building students' confidence with reflection, encouraging them to consider their strengths, developing key goal-setting techniques, and finally applying these to their future plans:

1. Understanding Your Strengths
2. Exploring Your Strengths
3. Developing Your Strengths
4. Applying Your Strengths

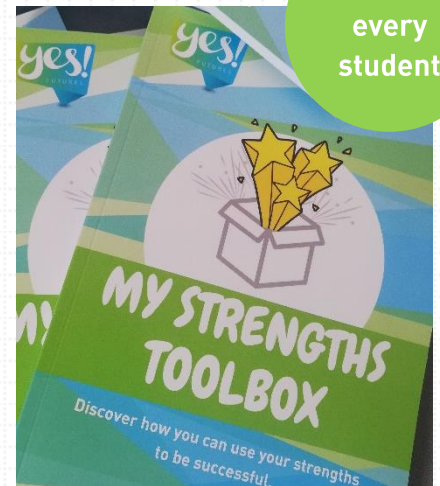
Through a series of reflective activities, the Toolbox encourages students to...

identify their key strengths.

set themselves challenging goals.

think about their future ambitions.

apply their skills to be successful.



One for every student

Personal Development Curriculum

A package of lesson plans, PowerPoints and resources to be used alongside the Strengths Toolbox.

A range of group activities, discussion topics and real-life examples will bring the topics discussed in the Toolbox to life:

- Creating a Wellbeing Workout
- Techniques for finding balance and managing stress
- What is metacognition?
- Developing a Growth Mindset
- Setting challenging goals
- Demonstrating soft skills
- Balancing strengths and areas for development

"The content and ideas are excellent, and are exactly what we want to be doing with our children. We really believe in helping children develop their meta-cognition from a young age and the toolbox definitely helps us do that."

Teacher, Pilot School

Giving students opportunities to discuss their strengths and wellbeing with their peers will consolidate their knowledge, giving them the confidence and the language to talk about and feel proud of their strengths.

To purchase the Strengths System, to preview the resources, or to ask any questions, please contact Sophie on the details below.



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