

## **15. SCHOOLS AND COLLEGES PACKAGES**



Have you got a Personal, Social, Health and Economic (PSHE) class that you need to do and you are wanting a bit of a change? Perhaps you are a youth worker and you are looking for a different way to inspire a group or a class. We can also work with University students to provide with other perspectives to consider. 'Think Outside the Box' – you'll be amazed what can be achieved!

### **WHO IS THIS COURSE FOR?**

The course is for any class size of up to 15 students at a time. If the class size is 30 we will run to sessions on the same day. All courses are designed to be person-centred and age appropriate. All abilities supported throughout.

### **WHY ATTEND THIS COURSE?**

The reasons for attending these courses are endless. They are fun, informative and extremely motivating. The purpose of all our courses is to provide an interesting and supportive learning environment for students to ask questions and give their own opinion.

### **WHAT DOES THE COURSE COVER?**

- Introduction – Ice breaker
- physical activity
- healthy eating
- emotional wellbeing
- anti-bullying and peer mediation
- e-safety
- PSHE and citizenship education, sex and relationships and drug education

(Please note: This course is based on the Healthy Schools Programme).

## **HOW LONG IS THE COURSE? HOW MUCH WILL IT COST?**

Both the course length and the cost will vary. We can design and deliver a course to the specific requirements of the company or your customers. We offer a free of charge consultation meeting to discuss course options and the length of the course.

## **TRAINING METHODS AND TECHNIQUES**

We offer a wide range of interactive and engaging training techniques. As we all learn differently, each course has a visual, auditory (listening), kinaesthetic (movement) and retrospective, (looking back – reflective) element to appeal to every learner. We adapt according to the diverse needs and abilities of the individual or group.

We also offer extensive public speaking and interviewing experience to offer each training programme.

**Please note:** All our courses are currently unaccredited. However we can design accredited courses based on specific outcomes as long as your organisation or company has the relevant accreditation for the course.

**For more information please contact Giselle or Fran on 075903 95089 or email [contact@outsidetheboxeducation.co.uk](mailto:contact@outsidetheboxeducation.co.uk)**