

## The Success FACTOR

### Helping Senior Students Achieve the Success they want in Exams

This 90-minute workshop is based on the 'Success FACTOR Mindset' Presentation and is tailored to meet the specific needs of senior students in Year 11 and 12 facing extensive study and important exams.

In this 90-minute, 'interactive' Workshop, students learn a highly effective technique, called The Success FACTOR.

To master the skill of knowing 'how' to be mentally prepared for exams is as important as study and revision. To be able to achieve the exam results which reflect their true capabilities, requires knowing what to do to get into their most effective headspace. The Success Factor Technique is a process which helps students do exactly that.








*"I used this technique for my WACE exams to find focus and a clear mind which improved my memory recall and ability to critically think and problem solve under pressure. Thank you Karen for helping me to achieve my ATAR goals."*

(Matt Bryan, year 12 student 2017 All Saints College Graduate)



Karen Claridge is a Motivational Speaker and Career Coach with over thirty years experience in the field of Personal and Professional Development. Her passion is sharing with students the most effective skills, tools and ways of thinking which empowers them to thrive and succeed in their individual journeys from school to the new-style workforce.

#### STUDENTS LEARN EFFECTIVE WAYS TO:

-  Find their Focus
-  Take Charge of Motivation
-  Improve Memory Recall
-  Overcome Nerves and 'Mind-Blocks'
-  Manage Energy Levels
-  Have Greater Self-Belief
-  Go Beyond Negative Mind Chatter

**F** Focus & Flow  
**A** Approach & Aim  
**C** Connect to Confidence  
**T** Thoughts & Talk  
**O** Optimize Posture  
**R** Reset to Reboot

If you would further information about this workshop, please contact Karen Claridge to find out how she can help your students get the exam results which reflect their true capabilities. Maximum participants for this workshop is 25 students and includes workbooks.

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