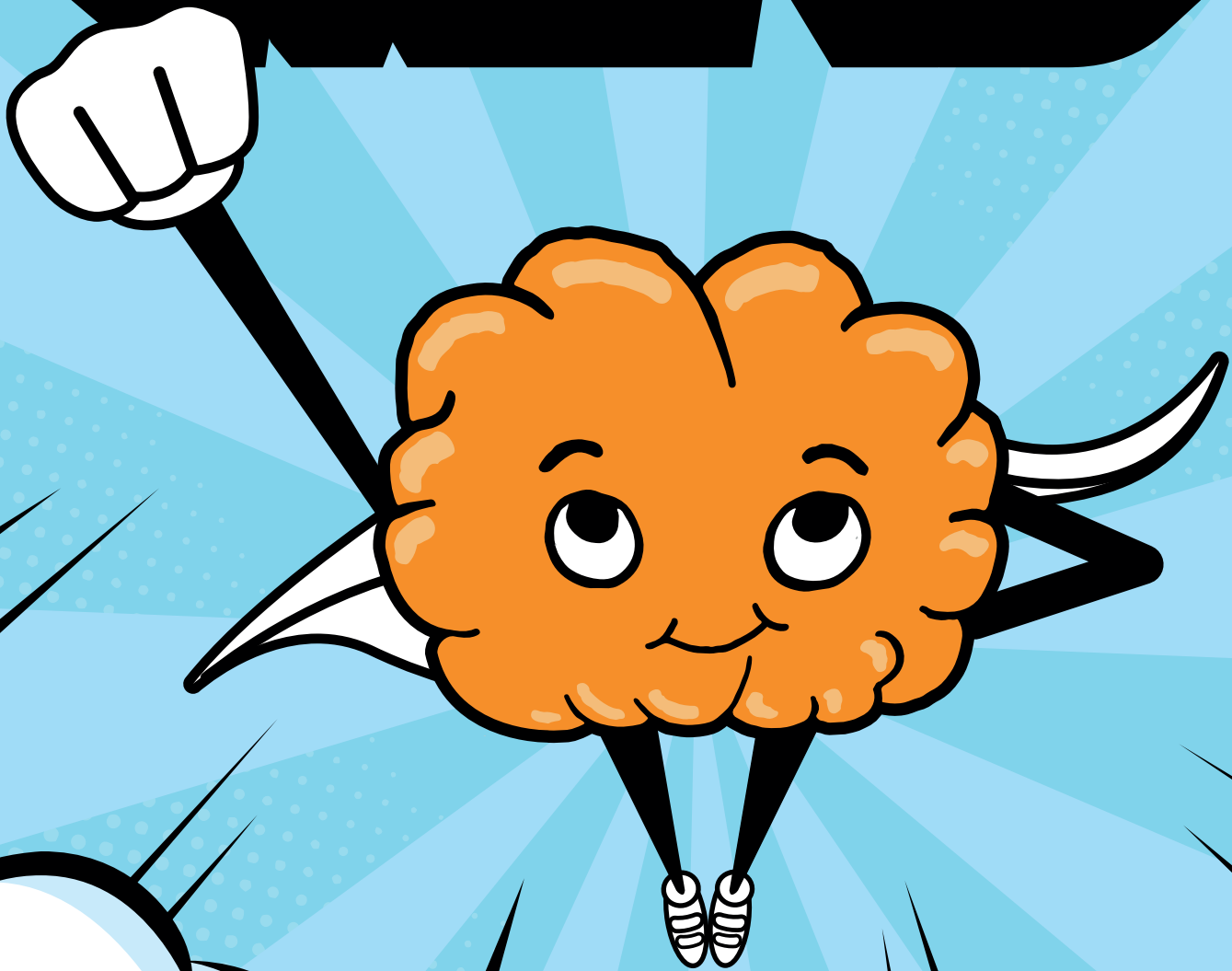


# Mini MIND



**School Information Pack**

# Welcome from Mindspan

Hello and welcome from Mindspan,

We are a Training and Coaching company that has been at the forefront of mindset, attitude and psychological development training for over two decades now.

I started the company in the late 1990's with the mission to inspire individuals and organisations to higher levels of performance, and fulfilment and I'm proud to say that we continue to do that all over the world today.

Having delivered to hundreds of thousands of people across multiple industries and sectors, we are always blown away by the response we get when delivering to schools. We love working with young minds and wanted to develop something just for them.

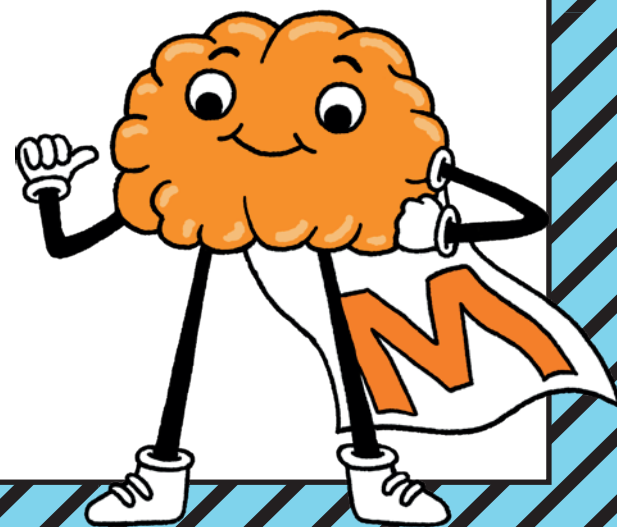
Children are our future and we want to give them the tools to be confident, clear and conscious in their own thinking, so they can live happy, fulfilled lives.

We hope you enjoy the programme.

*Gavin Drake*



Gavin Drake - Founder



## What is Mini Mind?

The Mini Mind Programme is designed for children to understand how they think about themselves, life, and the world around them.

The programme has 12 hours of learning and support tasks across the following nine competencies:

### Self

Focus, Belief,  
Responsibility

### Life

Attitude, Purpose,  
Clarity

### World

Emotion, Empathy,  
Influence

The aim of the programme is to empower children to take responsibility for their actions and choices, provide greater understanding of how their mind works and consider the relationships around them.

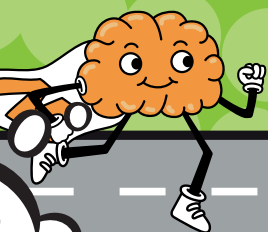
## Mini Mind Key Links to the National Curriculum

1. Supports the development of spoken language and increased vocabulary.
2. Supports the development of confidence and competence in spoken language.
3. Promotes the moral, and mental development of pupils at the school.
4. Prepares pupils at the school for the opportunities, responsibilities, and experiences of later life.
5. Demonstrates that the school curriculum, comprises all learning and other experiences that each school plans for its pupils.
6. Demonstrates the school makes provision for personal, social, health and economic education (PSHE), drawing on good practice.
7. Autonomy to include other subjects or topics of their choice in planning and designing their own programme of education.

# What will the scheme of work support students to achieve?

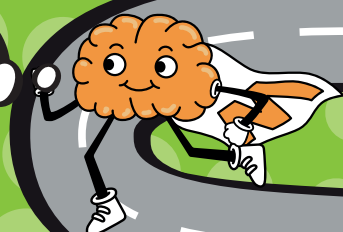
## 1. Thinking Cycle

They'll take time to consider their thoughts, emotions, and behaviours, enabling them to create better outcomes for themselves and everyone concerned.



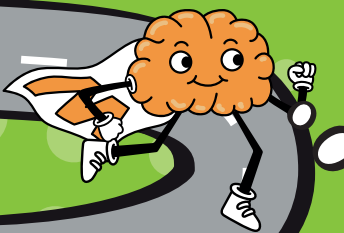
## 3. Belief

They'll have enhanced self-belief and confidence and a more positive attitude towards achieving as much as they can every day.



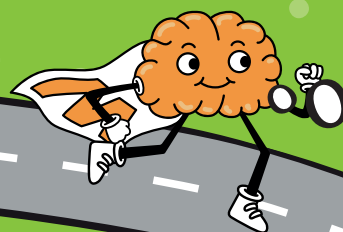
## 2. Focus

They'll learn to focus on what they can do and strategies they can use to be as successful as possible in every given situation.



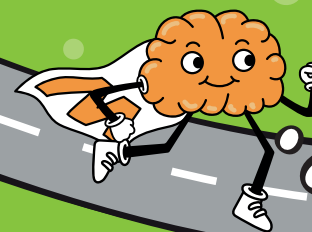
## 4. Responsibility

They'll have greater capacity to consider their own mindset and behaviours, the impact of these and how taking more personal responsibility helps them feel more in control.



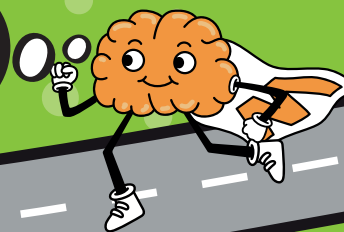
## 5. Attitude

They'll be more aware of their own attitude to life, what to do to make this more positive and how this can impact their own happiness.



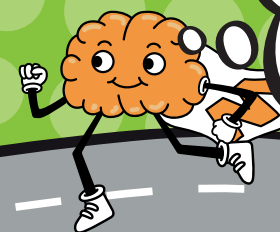
## 7. Purpose

They'll understand what's important to them and why, and they'll be clear about each small step they need to take to support their achievement.



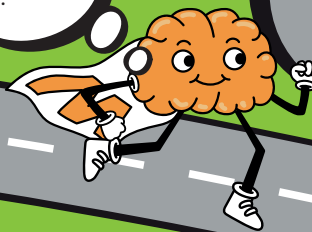
## 6. Clarity

They'll feel more confident that their aims are the right ones for them, this will further develop their independence and self-reliance. And they'll be clear about each small step they need to take to support their achievement.



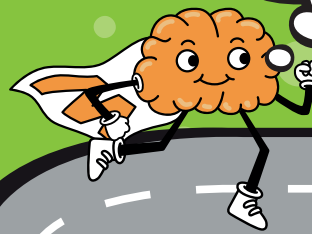
## 9. Emotion

They'll understand the impact of their emotions and where they come from whilst developing strategies for dealing with any stress or unhelpful emotional triggers they may have.



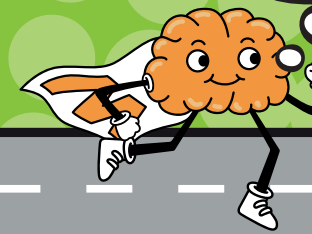
## 10. Empathy

They'll learn that everyone has feelings and how understanding others can positively contribute to more enjoyable, empowering relationships.



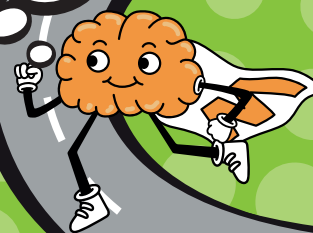
## 11. Influence

They'll be aware of how much we need each other as we go through life, and that the way they treat others, will have a big part to play in how others respond to them.



## 8. Goal Setting

They'll learn a clear process for setting goals, this is a lifelong skill and each goal set during the programme will be focused, clear and engaging.





# 15 ways Mini Mind can help develop and impact children:

1. Develop and understand how to set themselves **realistic but challenging goals.**

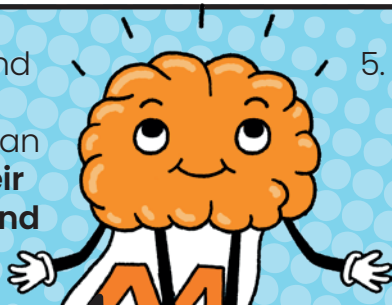


2. Develop and understand how to **choose the right goals** for them at this moment in time.

3. Develop and understand **what strategies they can use** when they feel stressed or unhappy.



4. Understand how their thinking can **affect their actions and feelings.**



5. Understand how different ways of thinking will **impact their end results.**

6. Develop communication skills that **help them support others.**



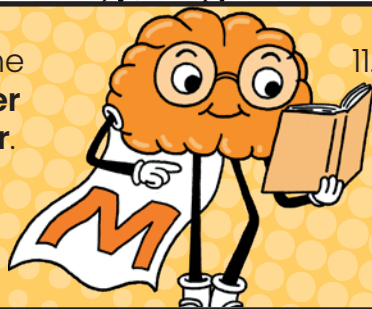
7. Develop listening skills that help them **demonstrate more empathy.**

8. Develop skills that they can use to support themselves to **make progress in school.**



9. Develop skills that they can use to **support the progress they make** in specific subjects.

10. Become **a better learner.**



11. Develop, understand, and articulate a **new set of vocabulary** that supports their personal development.

12. Develop an understanding of **what responsibility means** and what **THEY** are responsible for.










13. Demonstrate an understanding that what they say and do can **impact how people perceive them.**



14. Demonstrate progress by identifying how they could **think differently.**

15. Demonstrate progress by giving examples of **how their actions have changed.**

## Core Benefits to your School:

-  Can be evidenced in developing high expectations of behaviour toward others in school.
-  Can be evidenced in demonstrating a culture of character education and personal development.
-  The structures and personal strategies can be built into the wider and co-curricular elements of planning to support cultural progress.
-  Demonstrates purposeful and clear leadership and strong ethos and high expectations.
-  An opportunity to demonstrate that the school curriculum extends beyond the academic, technical, or vocational.
-  An opportunity to demonstrate the school prepares learners for future success.
-  The school curriculum is coherently planned and sequenced towards cumulatively sufficient knowledge and skills for future learning.

## How can it be delivered?

There are 3 ways the programme could be structured, but schools have autonomy to make this work around their own timetables.

1. **Twelve-week programme,** delivered in 1-hour sessions, in the curriculum or as an extra-curricular programme. Home learning in addition to the weekly sessions.

2. **Six half days of delivery** in morning or afternoon curriculum time, these could be spaced over a term or a year.

3. **Three days of delivery,** as part of 'impact days' or as part of specific personal development days.



# Who can deliver it?

There are 3 ways the programme can be delivered.

1. A **trained Mini Mind coach** from the Mindspan network.



2. A **teacher or HLTA**, who will need to complete the Mini Mind coach training programme.

3. An **in-house Mindspan coach**, become part of the Mindspan network and have access to further materials to benefit children and staff.

**Please note:** Mindspan coaches are not qualified teachers and should always be accompanied by the class teacher or relevant support staff.

# How much does it cost?

To have a trained Mini Mind coach from the Mindspan network come into deliver the programme:

**£1,200.00+VAT**

To have a teacher or HLTA, trained in the Mini Mind coach training programme, consists of 4 days of training. They can then deliver the programme as frequently as the school requires.

**£1,895.00+VAT**

To have an in-house Mindspan coach, become part of the Mindspan network.

**Starting from  
£1,895.00+VAT**

**With a monthly support fee of  
£300.00+VAT**

This allows access to ongoing CPD and our full range of coaching materials, providing a wider benefit to children and staff. Ideal for larger schools or MAT's.



Mini Mind Resource Books are purchased separately from our online store at [www.mind-span.co.uk/products](http://www.mind-span.co.uk/products)