

Reach your peak

The skills to **ACHIEVE ANY DREAM**

WHY SCHOOL SEEMS HARD AND SOMETIMES I JUST CAN'T FOCUS AND GET THINGS DONE.

If our ability to focus and complete tasks is like a phone battery—our battery could look something like this...

I like doing projects. I find this easy. My teacher gives me time to have this topic.

I get a bit confused. I don't like to ask for help. Just gotta get this done. Be much happier this year.

I'm a bit behind... Moving schools again... FYI I feel stupid if I ask... Not sure if this is right?

I think even and dad are splitting. We moved a lot of school. I can't sleep... Lots on my mind. I'm sick of being behind.

DEPRESSION

1/4 OF YOUNG PEOPLE EXPERIENCE ANXIETY WHILE AT SCHOOL.

The No.1 reason reported is... "I have too many things on my plate!"

REACH YOUR PEAK ACTION PLANNING

Planning and time management using the over-achiever's plan. The over-achiever's plan that works quality doubles. Our motivation and focus. Our productivity is increased by 10%.

PATHWAYS

PEOPLE WITH A CLEARLY WRITTEN PURPOSE ARE **67%** HAPPIER THAN THOSE WHO HAVE NO LONG-TERM PLAN.

REACH YOUR PEAK

FOCUS 100%

ON FURTHER EDUCATION SKILLS, GOING PROJECTS, COMPLETING, COACHING

Source: Nature, Journal of Behavioural Neuroscience, August 2012, p.11

Reach your Peak

Achievement is the result of aligning with your mission.

Why...

- build on your current knowledge;
- teach the skills required to set and achieve goals;
- provide the tools to build confidence;
- enable you to manage your time;
- coach you to competence... and peace of mind.

PROGRAM STRUCTURE

COMMITMENT

Together, we determine the level to which you are committed with your current workload and other commitments.

PRE-PROGRAM

On-line and discussion for understanding your goals, the demands and how to achieve your current school progress.

RYP: STAGE 1

Week 1 is a focus on ensuring your current skills and knowledge support your educational goals.

RYP: STAGE 2

Week 2 is the first of the 'Action Plan' which acts as a map to your career, road signs and milestones help make the way so you don't miss a turn.

RYP: STAGE 3

Educational activities are aligned and carefully monitor your progress and ensure you are aligned with coaching from your support team.

RYP: STAGE 4

Any changes to activities or requirements are immediately adjusted to attainment of QCE or any other pathway, is achieved.