

Developing the Exam Mindset



... to show your best self

Mindfulness Student Workshop

The Exam Season is a time when we focus on our students' Health and Wellbeing – a topic currently high on the Government's Agenda. This 2 hour workshop leads students through a range of Mindful Techniques and Thinking Skills, reminding them that they have more control over their feelings around exams than they might think.

They will learn to recognise their moments of choice and power in order to make good decisions on how they handle their exams.

During the workshop participants will experience a number of Mindful approaches to help them be their best at Exam Time. These will include a Check in, Visualisations, Affirmations, Letting Go and a Guided Meditation.

The workshop will cover:

- **Challenges** and Expectations
- **Thinking skills** – getting things right on the inside
- **The Panic Spiral** – how our thoughts and automatic reactions create our fear
- **Doing a Check In**– a Relaxation exercise for stress
- **What is Mindfulness?** Mindful approaches to handle any situation
- **Mind the Gap** - Recognising our moments of choice and power
- **Pause button techniques.** Knowing our options. Choosing the best path
- **Letting Go** – releasing thoughts that hold us back from being our best
- **Visualisation** exercises to imagine things working out well
- **Affirmations** and affirmation cards to attract a positive outcome
- **Guided Meditation** for calm and stillness

The Workshop includes Student and Facilitator Workbooks, Relaxation, Letting Go and Visualisation mp3s and Guided Meditation mp4

For details of this and other Mindfulness workshops please contact:

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