

CAREER INSIGHTS & LIFE SKILLS FOR KEY STAGE 4 & 5 STUDENTS

@DANIEL_JAMES_FITNESS



MY STORY

I have more than 10 years' experience in the health and fitness industry and have enjoyed working for some really well known UK companies. I'm also an agency represented model.

Having struggled with depression in 2017, I came out the other side with a very clear understanding that this had happened for me, not to me.

Over the last 4 years, I have been on a journey of self-discovery to understand mental health and peak performance so that I can fulfil my mission to support as many young people as possible.

MISSION STATEMENT

My mission is simple, I want to help as many young people as possible, both mentally and physically to become the best version of themselves, and take back control of the most valuable asset - their minds!

TOPICS COVERED

- **My Career & Experience within the Health and fitness industry**
- **Entrepreneurship**
 - How I've built multiple successful businesses
 - Links to LLEP WOW entrepreneurship module
- **Challenging Self-Limiting Beliefs & Stereotypes**
 - Breaking down your limiting beliefs
- **Goal Setting - Finding your North**
 - Giving you a clear purpose and direction to move towards
- **Understanding & Managing Negative Thoughts & Feelings**
 - Understand the human experience, by managing your thoughts and feelings
- **The Power Of Habits & Routines**
 - Setting you up for success by being proactive in life
- **Social Media Lies**
 - My own experience of how social media creates a false reality people aspire to live in
- **The Power Of Gratitude**
 - The most powerful emotion you can harness
- **Understanding The Power Of Mindset**
 - Opening up a door to take back control of your life

THE OFFER

I offer high impact, inspirational and motivational face to face sessions for students in key stages 4&5

Delivered to whole year groups or smaller classes fitting around your school timetable

Before sessions, students will be sent a short thought-provoking video presentation as preparation

All of my smaller class sessions include interactive elements

I encourage student and staff feedback of the sessions via a QR code that is quick, fun and easy to use
All data will be available to the careers leader

I have a videographer who is available upon request to capture the impact on participants - creating incredible content for your website, social media and **evidence for Ofsted**

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THE PRIME LIFE PROJECT

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GATSBY BENCHMARKS HIT

- BM 2: labour market information related to the health and fitness industry, self-employment, and entrepreneurship
- BM 3: Raising aspirations and challenging stereotypes
- BM 5: Meaningful encounter with an employer

CDI FRAMEWORK LEARNING AREAS

- **Grow throughout life:** Young people need to understand that they need to grow throughout life by learning and reflecting on themselves, their background, and their strengths
- **Manage career:** Young people need to manage their careers actively, make the most of opportunities and learn from setbacks
- **Create opportunities:** Young people need to create opportunities by being proactive and building positive relationships with others

SKILLS BUILDER ESSENTIAL SKILLS PRACTICED



PRICES (SESSIONS TAILORED TO YOUR NEED)

Small Group (<35) 45-90 Minutes	Whole Year Group Assembly 45-90 Minutes	Full Day
£150	£250	£350
+£50 for Videographer	+£50 for Videographer	+£50 for Videographer

TESTIMONIAL

"It was truly impressive to see a skilled communicator engage with young people in this way and build, immediately, a bond that allowed participants to speak freely, openly and reflectively about themselves and others in a spirit of empathy and mutual support.

There was a real sense that these young people felt more in control of what lay ahead and had been empowered to follow their hopes and dreams"

Ben Wilkinson, Assistant Principle, Castle Donington College

