



EVERYDAY  
IS A CHANCE  
TO CHANGE  
YOUR LIFE

Take control |

# Take control

During our gathering let us ensure we all practice-

- Respectfulness
- Reflectiveness
- Readiness
- Responsibility

Today our prayer is a different offering, please take this time to pause and think of those who need your thoughts. Consider your own position in life too, especially what the present and future may hold for you.

- <https://youtu.be/ovpjQPWn2rQ>

The Prayer

4.20mins

I pray you'll be our eyes, to watch us where we go and help us to be wise, in times when we don't know.

*PictureQuotes.com*



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The song mentioned-

***'Help us to be wise'***

***'Be our eyes'***

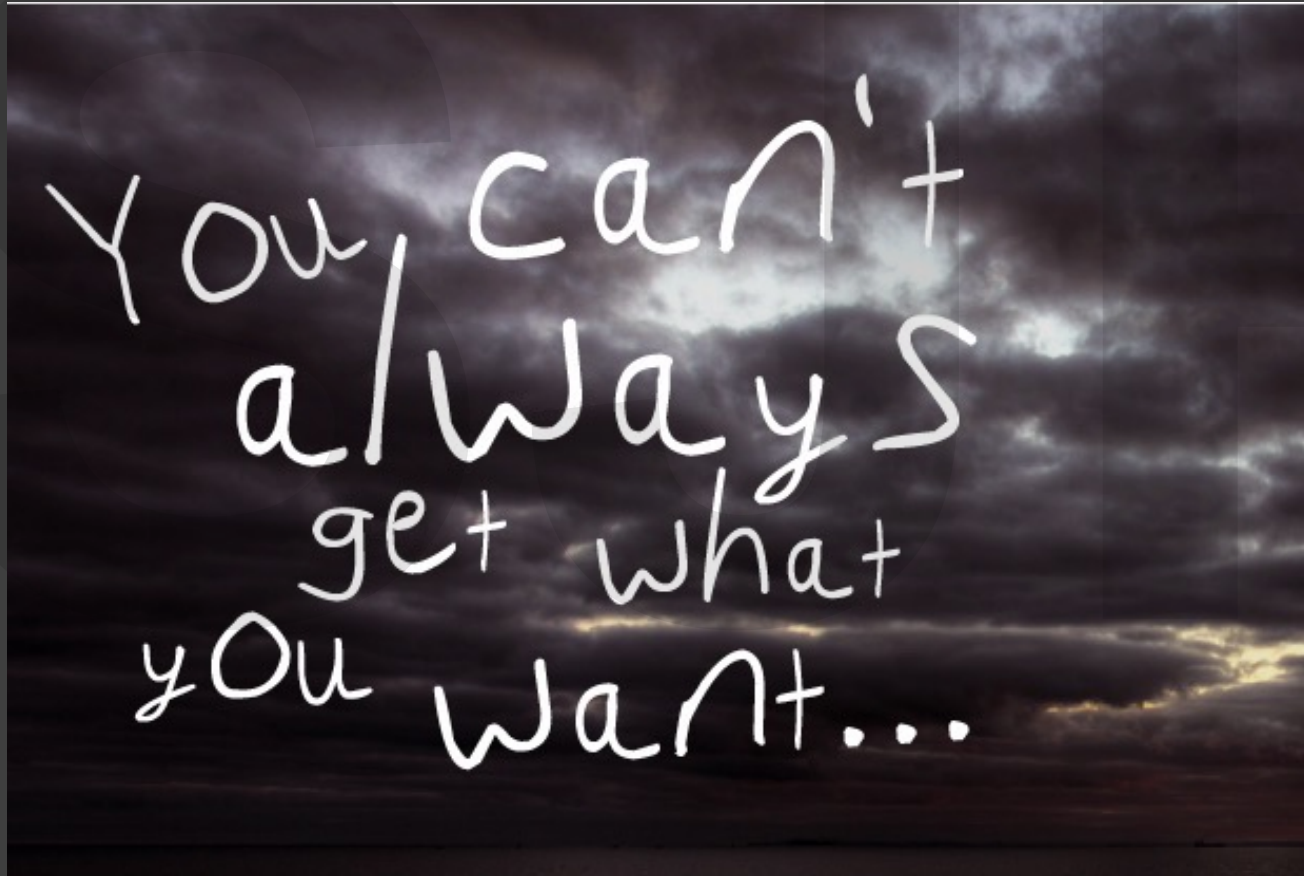
***'Watch us where we go'***

***'Lead and guide us'***

All meaning that we are on a journey, we are looking to the future, and we are anticipating something.

The following slides are aimed at supporting your outlook, your future and what you can achieve.

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The prayer also mentioned-  
'.....times when we don't know'

'Losing our way'

'.....having 'faith'.

It is only natural not know the direction you want to go in or what your future holds. You may well lose your way in trying to find a future or aspirations that really mean something and motivate you.

However, we are all destined to be someone or to do something. How successful you are depends on you.

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Suli Breaks is an English spoken word poet, he comes from Wood Green in London, graduated from Sheffield University with a Law degree and is passionate about education, rights, morals and giving people inspiration to be the best person they can be.

Watch the video below 'Time v Money'

- <https://youtu.be/kYjKssbZpYw>

5.56 mins

Q- Discuss what you think Suli's message is and how it applies to you.

Q- What is the relevance of 10,080?



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Q- If you were to walk out of the room what do you hope people would say about you or your character?

Q- What positive characteristics would they comment on?

Q- What aspects of your personality/behaviours would they not speak highly of?

Q- Now be honest, what would they actually say!!!

Spend 2 minutes quickly sharing with someone near you.

Who we choose to spend time with is really important, Suli tells us why.

- <https://youtu.be/XZGuiAlHrss>

1.46 mins

Q- What diamonds are you mining?

Q- What ladder are you climbing?



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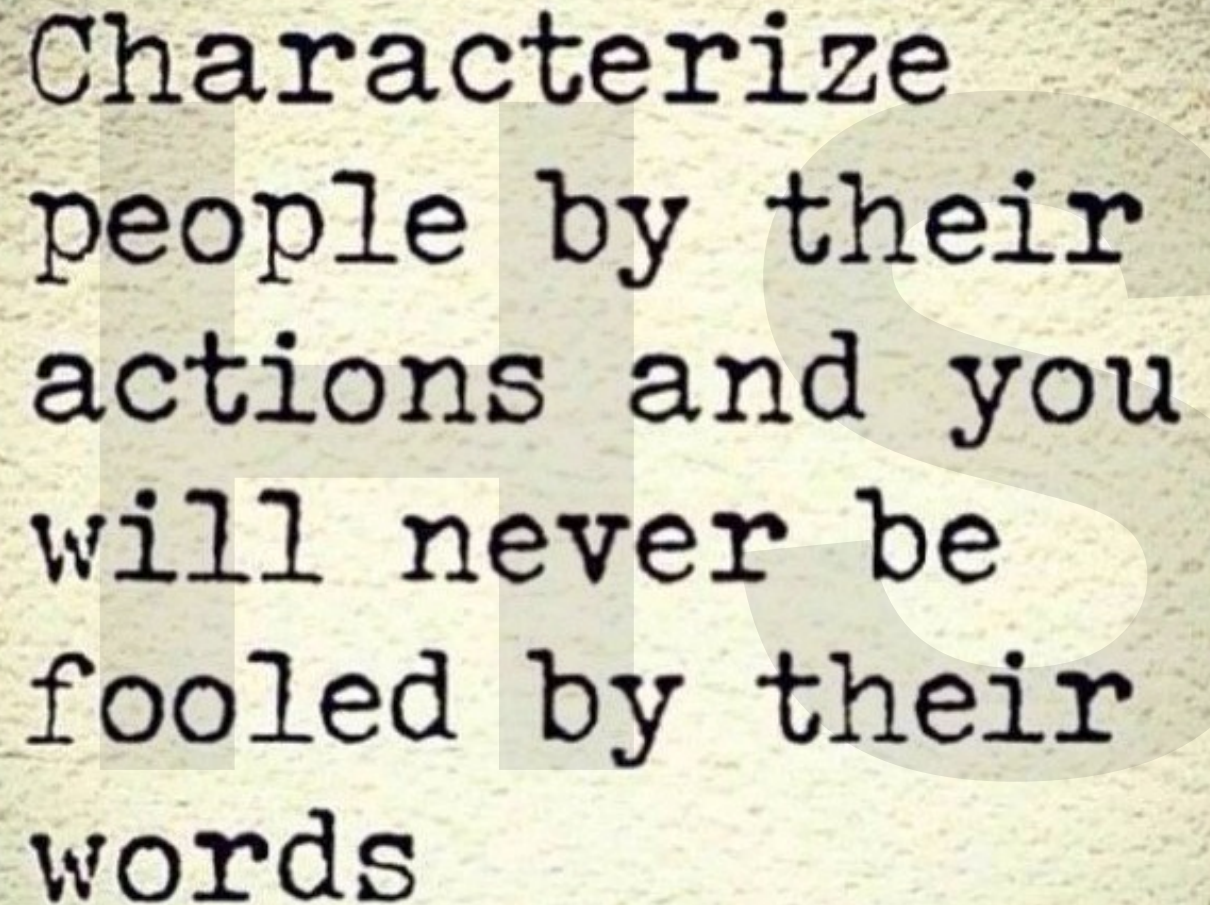
Regardless of our age or life experiences it is essential to know what our strengths are, but equally important to understand our weaknesses too. In this way we can work at them and try to find ways to improve.

Study the quote.

Q- What do you think its meaning is?

- <https://youtu.be/X42vkknGUNI>

2.38 mins



Characterize  
people by their  
actions and you  
will never be  
fooled by their  
words

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## YEAR 7-9 ONLY

The following video has 7 tips.

After watching the clip select one with your tutor and then discuss why that tip is important.

Then try to discuss the question posed at the end of the video.

Perhaps you can construct a mind map on the board with your tutor and then take a photo of it as a daily reminder.

- <https://youtu.be/3W5JNZBFA1M>

3.40 mins

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## YEAR 7-9 ONLY

The young man in the presentation is only a few years older than you, yet he is on stage delivering a speech to hundreds of adults in the audience.

Q- What characteristics do you think he needed to do this?

Q- How do you think he was feeling?

Listen to his message

- <https://youtu.be/rUCv4MYLRio>

After the video consider-

Q- Have you ever been too impatient to give someone more time?

Q- Have you ever 'shut someone down' before giving them the opportunity to connect with you? Why?

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## YEAR 10-11 ONLY

Consider your strengths and weaknesses in terms of potential employability and future prospects.

Q- Is there anything that might hold you back as you *'mine your own diamond'*?

Q- Is there anything you need to gain further experience of so you *'can climb your own ladder'*?

Q- Is there anything that school can do to get you prepared for 'that interview', 'that awkward first meeting', whether it be sixth form application, college enrollment or step into the world of employment.



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## YEAR 10-11 ONLY

Making a good impression is important no matter what you would like to do in life. But what are the keys to creating a GOOD impression?

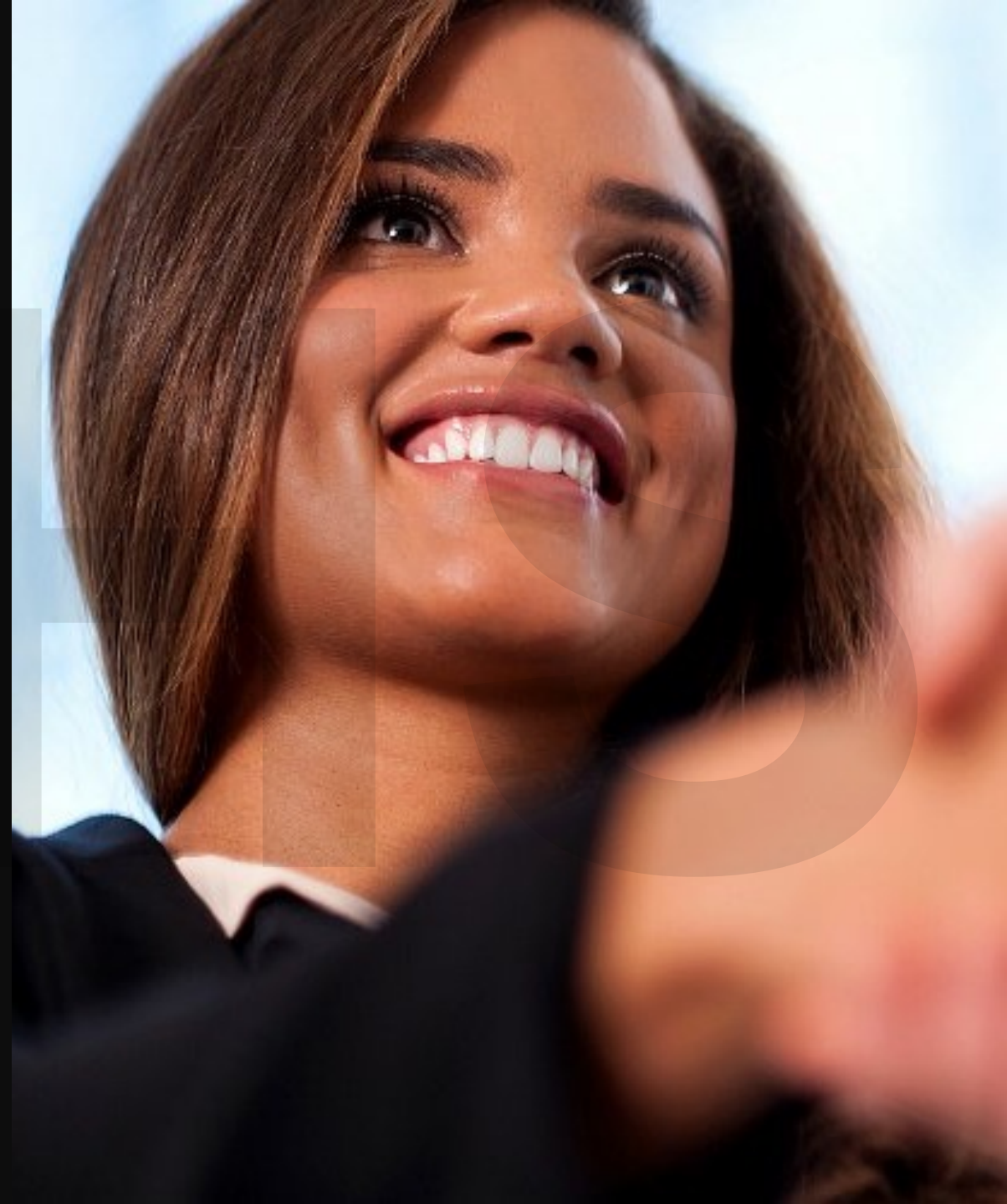
Some of us can do this naturally but most of us need to practice and think hard about what we say, how we say it and our body language.

5 tips to make a good first impression.

- [https://youtu.be/crzm7oH4\\_7k](https://youtu.be/crzm7oH4_7k)

10.15 mins

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**YEAR 10-11 ONLY**

It's ok not to be 'a natural' but please do not ignore your interpersonal skills-

*Interpersonal skills are traits you rely on when you interact and communicate with others. They cover a variety of scenarios where communication and cooperation are essential.*

*Strong interpersonal skills can help you during an interview as interviewers look for applicants who can work well with others. They will also help you succeed in almost any job by helping you understand other people and adjusting your approach to work together effectively.*



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## YEAR 10-11 ONLY

Consider practicing 'The Elevator pitch'.

Q- Watch the clip below and then give it a go with the person near you.

'You in 30-60 seconds'

CAST- You as you, your friend as a future employer or someone making the decision to accept you into sixth form/college.

- <https://youtu.be/uyxfERV5ttY>

2.10 mins





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### EVERYONE

To conclude this topic please consider what you can do to improve your chances of future success.

The company you keep, the amount of time you invest, the manners you show, the behaviours you display or the commitment you give are ALL DOWN TO YOU.

If you have time, consider Suli's stance on Leadership

- <https://youtu.be/r5vb5L7nOsc>

7 mins

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For **further information** on getting prepared for the future or accessing great tips on pathways, skills and qualities please follow the links below-

- <https://careerswales.gov.wales/news/careers-wales-launches-new-education-resources>
- <https://careerswales.gov.wales/plan-your-career/options-at-16>
- <https://www.sjhs.org.uk/careers-events>
- <https://www.sjhs.org.uk/site/data/files/documents/pshe%2020-21/DDD560A48181ECA6813A69FFD3545F71.pdf>
- <https://www.sjhs.org.uk/site/data/files/documents/pshe%2018-19/1F36296F243ECE88D14F4AB9477088DD.pdf>
- <https://www.sjhs.org.uk/site/data/files/documents/pshe%2018-19/2EDCC68FAA31D547A58B2DF841014470.pdf>
- <https://www.sjhs.org.uk/site/data/files/documents/pshe%2018-19/02C8DFCF767A7C3832AABB47D3E126B1.pdf>

