

2-3 Degrees

Services brochure

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About

2-3 Degrees provides specialised personal development talks and workshops for schools. We provide students with essential character building skills through our **confidence building, positive mindset and resilience** training.

“Character building is important to building long term success.”

All young people deserve opportunities to learn:

- how to persevere and work to achieve
- to understand the importance of respect and how to show it to others
- how to bounce back if faced with failure
- how to collaborate and build strong relationships with others at school and in their private lives



We use activity based learning to motivate and inspire **attitudinal and behavioural change.**

Services

100 % of all teachers and staff have said they would recommend our services.

At 2-3 Degrees we supplement the great work of schools and teachers to help give young people the essential life skills they need to make positive decisions and achieve their goals.



Packages

Our tailored services are adapted to suit the needs of your school and young people.



Topics

In consultation with teachers and young people we have developed a series of workshop topics that supplement the great work that you do and help with the holistic development of the student.

Aspiring to Excellence <ul style="list-style-type: none"> - Extra push to reach potential - Explore and resolve area - De-stressing techniques 	Mastering Communication <ul style="list-style-type: none"> - Self-confidence - Employability skills - Improve relationships - Verbal & non-verbal communication
Team Building <ul style="list-style-type: none"> - Improve relationships - Verbal & non-verbal communication - Negotiation skills 	Growth Mindset <ul style="list-style-type: none"> - Positive mental attitude - Understanding of self - Develop resilience
Who am I? <ul style="list-style-type: none"> - Visioning & goal setting - Coping mechanisms - Managing internal/external expectations 	Transition Years (Yr 6,7,9,11) <ul style="list-style-type: none"> - Build resilience - Develop resilience - Transition through change
Careers & Higher Education <ul style="list-style-type: none"> - Raising aspirations - Routes to opportunities - Visioning and goal setting 	Fall Big <ul style="list-style-type: none"> - Motivation - Encourage to take on new challenges - Coping mechanisms
The Woman Within <ul style="list-style-type: none"> - Improve self-esteem - Develop self confidence - Female empowerment 	Creating Opportunities <ul style="list-style-type: none"> - Build relationships & networks - Learn social action - Visioning & goal setting - Solution focused

How to book

1. Please fill out this enquiry form: <https://goo.gl/forms/l4AVoQ4vXy4VKIXw1>
2. We will arrange a brief phone call to understand the needs
3. You will receive a **free consultation** and tailored workshop outline
4. Just confirm booking

Contact us



Watch our testimonials video online:

https://www.youtube.com/watch?v=_m4dSmjptjc&spfreload=10

