We Inspire | We Motivate | We Encourage
My story

This was the night all my dreams came true, my debut from Bolton Wanderers Football Club, I was 19 and the crowd was singing my name.

I remember how proud my mum and dad were after the game. The next day the manager resigned and I was made redundant! It was the BEST thing that happened to me, although I thought my life was over at the time!

It made me develop real character, I had no money, no home and no handouts, I was carrying bricks to earn minimum wages in the freezing cold.

ANYONE can bounce back and achieve “their” greatness….. it’s simple. It’s just a mind-set. When you have nowhere to go, you have to make it happen!
This programme has been built upon a dream to ‘Inspire the Next Generation’ to believe they can achieve their goals, dreams and aspirations.

We show young people how to dream, how to develop self-belief and how then to take action. Children acquire the personal attributes they need to manage their lives now and in the future. Whilst the programme is available for all groups of children it can be targeted to help those with the lowest levels of motivation and attainment.

The foundations of this experience are built on the concept that students can consciously change and develop their belief systems to strive to achieve their dreams and aspirations.

The programme contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, enabling them to make informed choices about their own personal goals. Students will come to understand how daily decisions and actions can have an impact on their achievements.

An important part of the transformative learning process is for students to change their frames of reference, for example through coaching and learning strategies they critically reflect on their beliefs and values, consciously making and implementing plans that bring about new ways of defining their worlds.

It is vital that students acquire the skills to create personal goals and plan how to achieve these. Developing the transitional skills to set goals and create action plans will ensure that they can succeed in times of change, responding to opportunities and challenges.
**Inspirational Talk - Session 1**

To launch the experience, the Inspirational Talk gets students thinking about their own life and the importance of self-belief, hard work and determination in achieving what they want. Students leave this talk feeling inspired to take action to be the best that they can be.

**Values - Session 2**

We create an environment in which students are comfortable and happy to share their thoughts and ideas, and are confident to give their full commitment to the Inspiring The Next Generation Programme. We introduce students to the concept of personal values, helping them to develop self-awareness and reflect on their own values and attitudes, identifying how these impact on actions and on the achievement of personal goals.

**Vision Boarding - Session 3**

Students develop a positive and motivating snapshot of the future to which they aspire by creating a personalized vision board. This challenges them to consider and determine their own trajectory, building confidence and self-esteem by making choices about their future. Students present their own personal vision to their peers and receive positive feedback on their hopes and dreams.

**Huge Goals - Session 4**

Now the students know what they want, they need to know how to get it: Students examine their vision and identify milestones along the way to reaching their goal; they recognise the personal steps and academic achievements that they require in order to realize their dream. By the end of this session, they are able to set personal goals and understand how daily decisions and actions impact on achieving them.
**Action Planning - Session 5**

Finally, we work with the students to create an action plan. Students break down their goals into small steps, milestones and actions that will lead to achieving their ultimate objective. This session reinforces what students have learnt about the importance of values, attitudes and beliefs and how these impact on our daily actions and are key to achieving dreams and aspirations.

**How am I doing - Session 6**

In the final session, we encourage students to reflect on what they have already achieved. Students examine the barriers and obstacles they are likely to face, developing an understanding of resilience and the skills to manage set-backs and change in life.
The principle aims of this programme are:

- Support students in developing their personal identity, qualities, attributes, values and beliefs.
- Develop resilience and provide skills and strategies to adopt when faced with change or challenging situations.
- Trigger intrinsic motivation and energy to encourage students to work hard and achieve personal life goals.

Programme outcomes

By the end of this programme students will:

- Recognise, clarify and if necessary challenge their own core values, and explore how these values influence their choices.
- Develop self-confidence, evaluating the extent to which their self-confidence and self-esteem are affected by the judgments of others and identifying ways of managing this.
- Develop and rehearse the skills required to work effectively as part of a team, including setting challenging personal targets, outcome planning, cooperation and negotiation.
- Recognise and champion resilience, developing the skills to manage setbacks and accommodate change.
Students love our programme so much, this is what they say...

Thanks for the amazing work that you have put in at our school. It has helped me a lot at times when I’m bad I always think what if you were here seeing me doing something wrong, so I go and put it right. So thanks for helping and inspiring me and motivating me to go and achieve my goals now in school and more importantly in life.

**Lewis, Elizabethan Academy, Retford**

With this book, the Magic Book, we’ve been learning about what we want to do in your life and how you get there. It’s really good because it just sort of makes you think this is what I want to do and then I’m going to do it. It gives you the confidence to do what it takes to do that thing. Its really good it’s not like normal lessons because you feel like you’re learning stuff that will help you in life. The biggest thing I have taken from the programme is trying because that is the only way you are going to get there.

**Harvey, Elizabethan Academy, Retford**
Luke worked successfully in partnership with myself and thirty six Year 11 students.

Working in small groups, his positive and inspiring workshops enabled students to leave their comfort zones and plan their futures. By focussing on planning their next steps to success, our students were able to realise that progressing in their GCSE studies would help them to reach their goals.

Luke has infectious enthusiasm and energy and inspired even the most reluctant students to participate fully with the program.

Today, in Year 12 students fondly talk about their workshops with Luke who made them believe they could achieve their goals.

Jenny Anne Sharp
Assistant Principal, Walton Girls High School
Empowering students through coaching

At School

This session will be open to all staff at the school to allow them to understand the approach we take throughout the ITNG programme and enable them to develop and practice some basic coaching skills.

We take a coaching approach to empower the students we work with. Through this approach, a much greater sense of ownership is created, as it is only natural that you will feel more motivated to action your own ideas than the ideas of other. This is at the core of all our delivery. We don’t tell the students what they should want, we use tools, techniques and coaching to allow them to realise what they want and how they can achieve it.

This is where the power of the programme comes from and in this session we share some of our thoughts on how teachers can incorporate this approach into their roles.

At Home

This session is designed to help us as parents understand the effect we can have on our child by the language we use, the attitude we as adults carry and how to empower our children to become who they want to be.

We show through powerful story telling how our belief systems are created from a young age and, if they are not serving us well, how we can change them.

Everyone will leave the session with a better understanding on how we can play a vital role in our children’s future success and some key strategies to implement into everyday life.
Thank you once again for delivering such a truly inspirational programme to our children.

Staff and children both felt that you truly did what you set out to do by ‘Inspiring the next generation’. Children were absolutely bursting with an ‘I can achieve’ attitude when you left. This was reflective not only on the sports field but also in their academic work too. Staff were inspired by your life experiences and there was a sense of awe in the room - you could have heard a pin drop. You captured an audience of 4 year old’s right through to adults and left each and every one of us feeling inspired and that we could do anything we set our minds to. The world is our oyster!

One particular magic moment was when you asked a little girl (normally quite a shy, quiet girl) what she wanted to be when she grew up and she replied with ‘I want to be the best ballerina in the world’. This was down to you. You gave her the courage and determination to speak out not only in public but also share her innermost dreams with everyone because she felt she could have a dream.

I am a great believer in inspiring the next generation - these children are the grassroots of our next Olympians. Inspiration is the single biggest factor for making dreams happen and I strongly believe that this programme will deliver an inspirational legacy that will live on in schools for a long time to come.

Samantha Evans
Assistant Head Teacher, Morton Trentside School
Luke has worked with over 550 children, ranging from 11-16, this year and, in all my time as head of PE, I have never seen such as engaging programme.

The difference with the ITNG programme is that it gives the children the self-belief that they can achieve their dreams.

I would love to see this programme being delivered to as many students as possible, as I can truly see the difference in the attitudes of our students. The programme doesn’t just help students to ‘dream big’, it inspires them to take action and provides them with the tools to do so. It certainly helps children grow into adults with strong core values, which will aid their development in education and in life.

James Offer
Head of Sport, Carre’s Grammar School
INSPIRING THE NEXT GENERATION

For more information please email luke@lukestaton.com

Luke Staton

WHERE WE START IS NOT A CHOICE
WHERE WE FINISH IS

www.lukestaton.com