

COSMOS

Engage Purpose

Further Information



The Engage Purpose Package | Content

At Cosmos we have over three decades of experience working closely with hard-to-reach and disengaged young men. This new educational package has been carefully curated from the lessons learnt during that time. It is packed with methods proven to engage young men. It's been designed to empower young men to take control of their development and thrive in their personal and educational journeys.

Interactive learning and dynamic activities

Mapped to key educational frameworks

7 Programmes & Workshops

The Marginal Gains Programme (3x1hr)



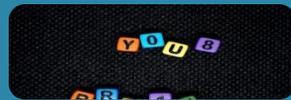
Against the Odds



Academic Resilience



Memory & Distractibility



Managing Your Time



Organisation & Effective Studying



The Art of Making a Good First Impression



This carefully crafted content, featuring interactive learning and dynamic activities, enables you to deliver a sustained learning programme that builds essential life skills and confidence in their ability to achieve success.

With this package, you'll nurture growth, independence, resilience, and the determination young men need to pursue their aspirations.

Equip them with the skills they need to succeed, both in education and in life, while creating a learning environment where they can flourish.

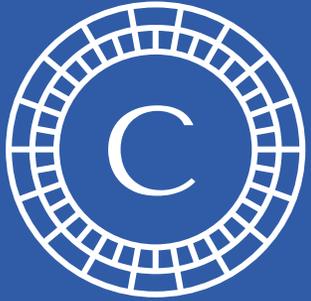
Staff training materials

Resources to support delivery

Embedded Evaluation Surveys



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The Marginal Gains Programme

Unlock your students' full potential with our innovative learning programme based on the concept of Marginal Gains. By making small, incremental improvements in various areas of their education and life, your learners will discover their potential to achieve remarkable results and reach their goals.

The journey through the series of three workshops is carefully designed to provide sustained and progressive learning, with each workshop building upon the previous one. Although, each can be effectively delivered as a standalone workshop.

Workshop 1 – Concept of Marginal Gains – how this can relate to the real world

Workshop 2 – Process of how to achieve realistic & purposeful goals - interactive and practical application

Workshop 3 – The importance of vision - emphasis on the learners' own vision, resilience and mindset.

With a focus on meta-cognitive strategies, this programme is highly interactive, designed to reinforce learning and engage students.

With emphasis on manageable improvements and achievement, this targeted programme that was originally designed for the most disengaged learners in education, will support your students achieve remarkable results.



Year Groups: 9, 10, 11, 12, 13

Target Cohorts: Female, Male, Mixed

Gatsby Benchmarks: 1, 3, 8

NERUPI Themes: B, C, D

PSHE Framework:

Health & Wellbeing, Relationships, Living in the Wider World

Themes:

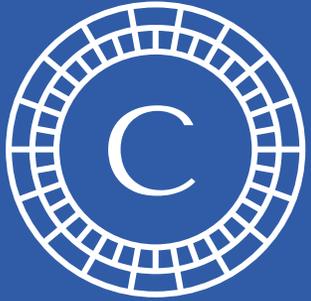
Achieving Goals, Dealing with Setbacks, Organisation, Teamwork

Duration: 10 Minutes, 3 hours, 6 Hours

Suggested Cohort Size: 20



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Against the Odds

Inspire and empower your learners with this unique programme that explores the life journey of Cosmos Managing Director, Sean Dirrane.

Sean's story is an inspirational one. Take learners on a journey through Sean's life, exploring his struggles in education, to the challenges he faced going into foster care aged 11. Moving to how he overcame all the challenges he faced, to become the owner of multiple successful businesses.

This is a story that looks at setbacks, resilience and overcoming challenges, sharing the skills he learnt on his journey to inspire.

A programme created in a high production interview style format with workshops to accompany.



Year Groups: 9, 10, 11, 12, 13

Target Cohorts: Female, Male, Mixed

Gatsby Benchmarks: 1, 3, 5, 8

NERUPI Themes: A, C

PSHE Framework:

Health & Wellbeing, Living in the Wider World

Themes:

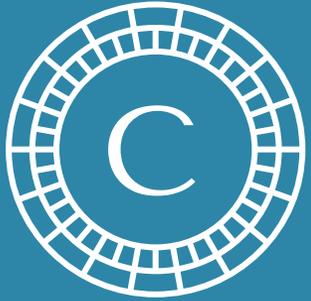
Achieving Goals, Dealing with Setbacks

Duration: 1 Hour, 10 Minutes, 20 Minutes, 35 Minutes, 45 Minutes

Suggested Cohort Size: 20, 30



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Academic Resilience

This resilience-focused workshop is designed to equip students with the skills and strategies they need to navigate the challenges of academic life. Through a combination of interactive activities and discussions, learners will gain a deeper understanding of what resilience means, and how it can be applied to their education.

The workshop will help learners identify common stressors and how they impact their academic resilience and will then guide them through the process of developing practical coping strategies to overcome these challenges. By the end of the workshop, students will leave with a solid foundation of knowledge, which they can immediately apply to support their ongoing success.

This is a workshop to not only enhance learners' educational experiences, but also help them thrive in the face of challenges.



Year Groups: 9, 10, 11, 12, 13

Target Cohorts: Mixed

Gatsby Benchmarks: 1, 3

NERUPI Themes: B, C

PSHE Framework:
Health & Wellbeing

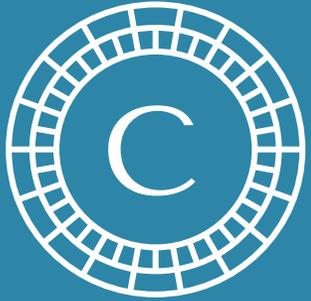
Themes:
Dealing with Setbacks, Health & Wellbeing

Duration: 1 Hour, 10 Minutes, 20 Minutes

Suggested Cohort Size: 20, 30



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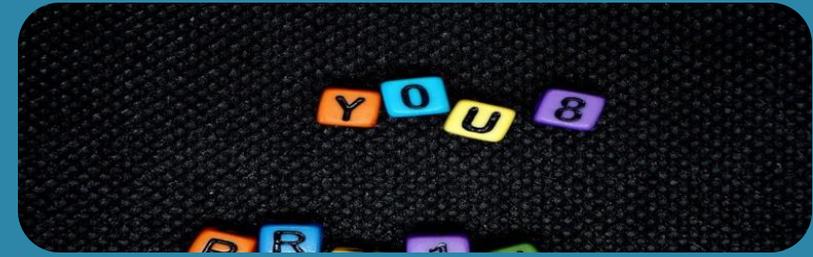


Memory & Distractibility

This workshop is designed to give your learners a comprehensive understanding of how memory works and the factors that influence its performance. Through interactive activities, they will gain insight into the science of memory and how to optimise it for better recall and retention.

Learners will also learn about the challenges of staying focused in a world of distractions and how to effectively manage their attention. They will explore various techniques for reducing distractions and enhancing focus, allowing them to achieve their academic goals more efficiently.

Engaging activities underpin this workshop to embed the concepts with your learners. They will develop a deeper appreciation for the workings of memory and the importance of focus, while gaining the skills and knowledge to support their academic performance.



Year Groups: 9, 10, 11, 12, 13

Target Cohorts: Mixed

Gatsby Benchmarks: 1, 3

NERUPI Themes: D

PSHE Framework:

Health & Wellbeing, Living in the Wider World

Themes:

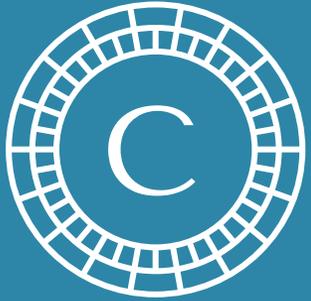
Achieving Goals, Organisation

Duration: 1 Hour, 10 Minutes, 20 Minutes

Suggested Cohort Size: 20, 30



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Managing Your Time

Help your learners take control of their time and achieve success in their education and future careers with our interactive time management workshop.

Through engaging activities, your students will gain a deeper understanding of the importance of managing their time and develop practical strategies they can put into action right away.

Our workshop provides an interactive and engaging experience for learners to learn about time management, with opportunity to reflect on how they currently spend their time and determine areas for improvement.

The ultimate goal is to equip learners with an important life skill, by providing them with the tools and insights they need to manage their time effectively in all areas of life, from education to careers.



Year Groups: 9, 10, 11, 12, 13

Target Cohorts: Mixed

Gatsby Benchmarks: 1, 3, 5

NERUPI Themes: B, C, D

PSHE Framework:
Health & Wellbeing, Living in the Wider World

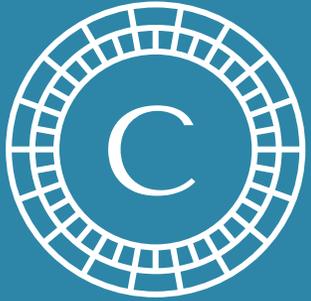
Themes:
Achieving Goals, Career Development, Digital Technology, Organisation

Duration: 1 Hour, 10 Minutes, 20 Minutes

Suggested Cohort Size: 20, 30



COSMOS



Organisation & Effective Studying

Give your learners the competitive edge in their education with our workshop that focuses on study skills and strategies.

Through thought-provoking activities and self-reflection, your learners will gain insight into their own study habits and strengths before exploring strategies to improve their study effectiveness. At the core of this workshop is the belief that effective studying starts with organisation and an understanding of personal study styles.

By understanding their own thoughts and feelings towards studying first, learners will lay the foundation for using strategies that work for them, building confidence in their ability to succeed in their academic studies and beyond.



Year Groups: 9, 10, 11, 12, 13

Target Cohorts: Mixed

Gatsby Benchmarks: 1, 3

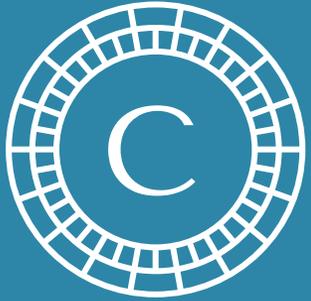
NERUPI Themes: D

PSHE Framework:
Health & Wellbeing, Living in the Wider World

Themes:
Achieving Goals, Organisation

Duration: 1 Hour, 10 Minutes, 20 Minutes

Suggested Cohort Size: 20, 30



The Art of Making a Good First Impression

Make a lasting impact with our interactive workshop that focuses on the essential topic of first impressions. This workshop provides learners with the knowledge and skills they need to create positive first impressions in any situation.

Learners will explore the different types of first impressions and the importance of leaving a positive one, which will be especially useful when preparing for college, job interviews and professional careers. Covering topics such as appearance, behaviour, communication, and digital footprint, our workshop covers all the essential elements of creating memorable impressions. Importantly, learners will leave with the understanding that we can often make first impressions long before we meet someone in person for the first time.

This is an investment in personal development that will serve learners well in their future, leaving them with the valuable life skills they need to enhance their image and leave a memorable impression every time.



Year Groups: 9, 10, 11, 12, 13

Target Cohorts: Mixed

Gatsby Benchmarks: 1, 3, 5, 8

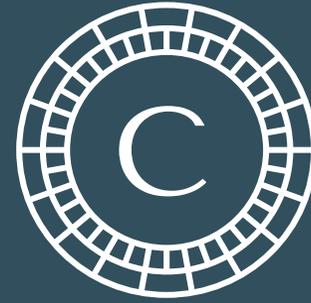
NERUPI Themes: B

PSHE Framework:
Relationships, Living in the Wider World

Themes:
Career Development, Digital Technology

Duration: 1 Hour, 10 Minutes, 20 Minutes

Suggested Cohort Size: 20, 30



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