



# heads - up

## *the one day course for everyday life skills*

**HEALTH · KNOWLEDGE · RESILIENCE · SAFETY · SECURITY · PROTECTIVE FACTORS**

Are you on the brink of stepping into the exciting world of university or your professional career? This one-day course, led by a dynamic team of experts including clinical psychologists, general practitioners, police officers, financial experts, and human factors specialists, is your bridge to a confident and informed transition. It's a unique opportunity to gain insights that many adults and parents today wish they'd had access to at your age. We offer invaluable knowledge that may not seem urgent now but will undoubtedly be a positive asset for your future.

### **Key Topics & Benefits**

#### **Mental and Physical Well-being**

Clinical Psychologists and General Practitioners will share insights into maintaining optimal mental and physical health. Learn strategies for managing stress, nurturing a healthy lifestyle, and enhancing emotional resilience as you face life's challenges.

#### **Safety and Security**

Police Officers will guide you on personal safety and security awareness. Understand the principles of crime prevention and learn how to protect yourself and your belongings in new environments.

#### **Financial Literacy**

Financial Experts will provide you with essential knowledge regarding budgeting, managing finances, and making informed financial decisions. Gain the skills necessary to navigate the financial aspects of independence and responsibility effectively. We highlight the common mistakes many make when dealing with matters of finance.

#### **Human Factors and Decision-Making**

Human Factors experts from aviation bring a unique perspective, emphasising the science of decision-making and how cognitive biases can influence choices. This segment focuses on understanding how to make informed, calculated decisions in various aspects of life, including time and workload management.

## Why Attend

- Gain the knowledge and tools to safeguard your well-being and make informed decisions.
- Learn from the experiences and insights of professionals and peers.
- Build critical financial and safety skills for independence.
- Achieve a smoother transition into university or your chosen career, armed with the skills and insights to excel.

Students: Although you might not sense an immediate necessity, this presents a unique opportunity to acquire invaluable knowledge from a diverse panel of experts, all in one place. We hope many of you will recognise the benefits our course has to offer.

Parents: We know all too well, as your child moves away and becomes more independent, it can often be a time of excitement and apprehension. We kindly request you discuss this course together with your child, and if you consider it of value now or in the future, please encourage and facilitate participation. We are confident that the insights gained from this programme will be an asset to them as they step into this exciting new chapter of their lives.

## Who Should Attend

- High school students preparing for university life or a career.
- Recent high school graduates entering the workforce.
- Anyone aged 17-20 seeking to enhance their readiness for life's opportunities and challenges.

As our course is designed to promote independence, all attendees must be students or young adults aged 17-20, about to leave, or having recently left secondary education.

## Course Fee

Thanks to the generosity and support of the REX cinema Wilmslow, we are offering free spaces for attendees on 13<sup>th</sup> Jan & 10<sup>th</sup> Feb 2024. However, future courses will incur a fee to cover necessary costs. We encourage those interested to register as soon as possible.

If you have any questions or need further information about the course, please do not hesitate to contact us. We are here to support students throughout this process.

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Thank you