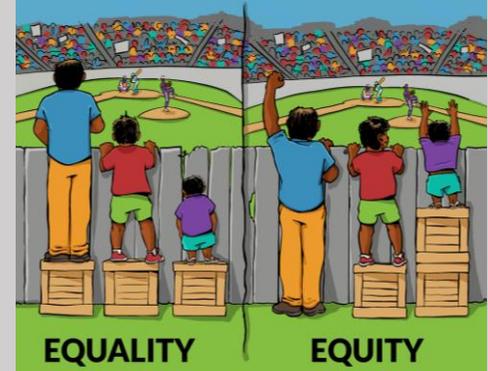




EVIDENCE OF IMPACT



At Live-N-Learn we believe that our series of inspirational workshops have a significant impact on young people's lives, we now have the evidence. Last year we authorised an independent evaluation of our “**Power of Yet**” intervention programme, aiming to develop pupil confidence, build resilience and raise attainment. Dr. Jennifer Milne from Stirling University conducted the research, the short summary below illustrates the methodology and the key findings.

METHODOLOGY

The evaluation utilised mixed methods and both quantitative and qualitative data were analysed. There were 85 school pupils involved aged 11-14 from one secondary school. There were three sessions of 90 minutes delivered to pupils by one Live-N-Learn presenter in groups <30 at 3 points over the school year. The intervention also involved an after-school session for all staff and an evening session for parents of those children participating.

KEY IMPACTS & BENEFITS OF THE INTERVENTION

1. Resiliency (mastery)
2. Emotional Intelligence
3. Educational
4. Life Skills
 - a. Physical Health and Psychological Wellbeing
 - b. Social Skills and Positive Peer Interaction
 - c. Creative Problem Solving and Persistence



(Full Report)

QUANTITATIVE ANALYSIS

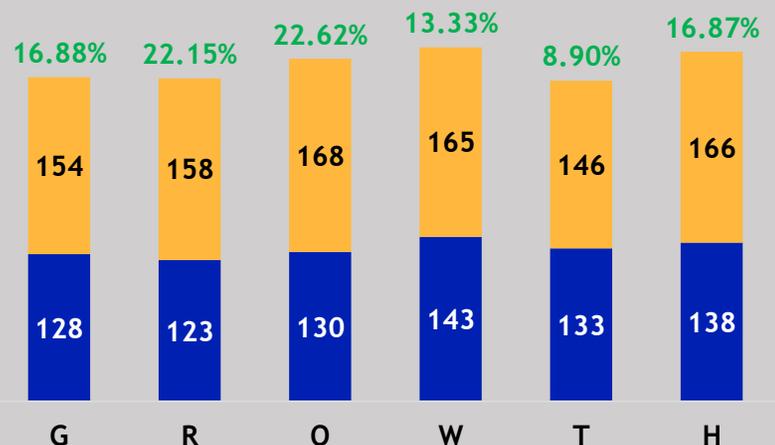
- Increase in raw resiliency for each of 3 case study pupils compared to no difference in comparison pupils
- Increase in mastery for each of case study pupils compared to decrease in mastery in comparison pupils
- Decrease in emotional reactivity for each of case study pupils compared to no difference in comparison group
- Decrease in vulnerability for case study group compared to no difference or increase in vulnerability for comparison group
- Increase of 3% mean attendance for case study group compared to decrease 3% mean attendance for comparison group
- Lowest pre-intervention mindset pupils showed greatest increase in post-intervention mindset scores

QUALITATIVE ANALYSIS

- Increase in confidence and self-efficacy
- Increase in resiliency and particularly mastery
- Increase in emotional intelligence
- Increase in self-awareness
- Increase in motivation and mindset
- Increase in problem solving skills
- Increase in communication skills
- Increase in health and wellbeing outcomes- physical activity, friendship and peer interaction
- Increase in enjoyment of school subjects, particularly maths and the arts

SELF-EVALUATION STATEMENT SCORES*

- G = I don't mind making mistakes
- R = I don't overreact in situations of conflict
- O = I feel confident trying new things
- W = With hard work I can achieve almost anything
- T = I keep trying when things get difficult
- H = I'm good at receiving feedback



*Source: Scale of 1-10 self-reflection scoring data for 30 'Power of Yet' participants

■ Before ■ After % Growth



“At Leith Academy we have seen encouraging data on young people gaining improved outcomes since 2018 onwards, there are a great deal of factors that help us get to that, one of which certainly will be the input and close partnership we have with the Live-N-Learn team.”

Mike Irving, Head Teacher, Leith Academy

Our journey so far...

Live-N-Learn deliver inspirational workshops for all ages, designed to improve resilience, confidence, aspirations and emotional wellbeing. In over a decade we have supported 227 primary schools, 254 secondary schools in Scotland (71%), 583 secondary schools in England and over 100 businesses, independent schools, charities, sports clubs & international schools. We are proud to have nurtured, engaged & inspired over 1 million young people.

Face to face health & wellbeing workshops and live online events are delivered by our experienced teachers. We aim to raise achievement, close the attainment gap & develop growth mindsets with our range of stimulating resources and learning experiences for students, staff and parents.

A few ways we might support your school:

Workshop	Focus	Audience
Mindset Matters	Whole school mindset & resilience package	4-11, Staff & Parents
Big Fish Little Fish	Series of targeted pupil equity transition events	9-11
Health	Emotional health & wellbeing workshops	4-19
Power of Yet	Closing the attainment gap with a series of 3 events over the school year	11-14, Staff & Parents
Mindset for Exams	Trilogy of study skills workshops and family learning events	14-19 & Parents
Changing Mindsets & Building Resilience	How to influence young people's attitude towards their abilities	Staff & Parents

Live-N-Learn workshops work! Visit www.live-n-learn.co.uk or call **0333 2000 443**.