For many young people, teenage years are a time of uncertainty where they are figuring out who they are and what they want to do with the rest of their life. It can be confusing, frustrating, exciting and complicated. It can be difficult to know that they are making the right choices, and how these decisions will shape the direction their life will take.

But what if there was a tool that could help young people understand themselves on a fundamental level? What if there was something to help them build self-esteem, self-confidence and the mental resilience to deal with adversity? A programme to raise aspirations, a space that allows them to take time to reflect and check in with themselves, and a mechanism to monitor their progress?

Your Journey To Success has three big impact aims:

To **empower** students to take responsibility for their academic performance and achieve the best results they can.

To **equip** students with tools that will help them navigate life and create better futures for themselves.

To **repair** and proactively look after mental health and wellbeing.

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"You made me feel like I could achieve anything I want in life."
“I wanted to find a sustainable solution that empowered pupils to become the best versions of themselves. It became quite clear that delivering one-off sessions, whilst very impactful for a short period of time, did not provide students with the right kind of support to help them achieve their potential over the long-term. This also meant that it was not the most cost-effective approach for schools. Your Journey To Success© is the culmination of over ten years’ experience working in the education sector, cutting-edge research and innovation.”

Danielle Brown MBE
Author, speaker, personal-development trainer

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**The Academic Journey To Success**

**Your Journey To Success**

- **Focus**: understanding that success is about consistently making the right choices and looking at the actions we can take to pave our own journey to success.
- **Modules**: 12 video tutorials, activity worksheets, handouts and teacher notes. Modules focus on self-awareness, stretch goal setting, building self-confidence and resilience, and understanding identity.
- **Perfect for**: Year 7-9

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**We All Have Mental Health – Let’s Look After It**

- **Focus**: recognising that we all have mental health, how it impacts our journey to success and how we can proactively look after it.
- **Modules**: 12 video tutorials, handouts, activity worksheets & teacher notes. Modules focus on building self-esteem, self-reflection, self-care and mindset.
- **Perfect for**: Year 9-10

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**The Gold Medal Winning Way To Exam Performance**

- **Focus**: enhancing academic performance by learning how to perform under pressure whilst looking after mental wellbeing.
- **Modules**: 10 video tutorials, handouts, activity worksheets & teacher notes. Modules focus on performance, strategies to deal with nerves & anxiety, staying motivated and managing expectations.
- **Perfect for**: Year 11-13

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**Your Journey To Success© Programmes ALL include:**

- 1 year access to the programme. 10 logins for an unlimited number of students;
- Easy-to-use platform with quick reference information pack for teachers;
- Fits within the PSHE curriculum and can also be delivered in Form Tutor time;
- Monitoring facilities to measure impact and a report of findings will be produced following the completion of the programme;
- Option to bring in Danielle to work with students in person.

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What results can you expect to see:

- An overall increase in academic performance, including student outperforming expected grades;
- An improvement of mental health & wellbeing, measured by a reduction of mental health related issues being reported, students feel happier with more energy and drive;
- A reduction in number of absences, including sick days;
- Greater levels of self-awareness, self-confidence and self-esteem in pupils;
- Higher aspirations, measured generally and through achieving their one year “stretch” goal;
- A better sense of direction and making better choices;
- Improvements in focus, motivation and effort;
- Greater levels of resilience and ability to deal with change and challenges;

There is a monitoring element to this programme, which will give you a more accurate assessment as to whether these objectives have been met.

86%
Of students noticed an increase in their confidence levels and felt happier about themselves.

77%
Of students found it easier to stay motivated and complete tasks.

62%
Of students achieved the academic “stretch” goal they set themselves at the beginning of the year.

Choose a combination of programmes to suit your needs

1 x Your Journey To Success
£800

2 x Your Journey To Success
£1200

3 x Your Journey To Success
£1600

“Hey Danielle, just wanted to say a massive thank you! Your self-development really helped me over the last 2 years of my A levels. I went from a boy full of anxiety and struggling through exams to being fully confident even when my results would determine the rest of my life. When times got really tough you taught me to actually believe in myself, and now I am off to university to follow my dream career path. Couldn’t have done it without you - it was genuinely the turning point in my life.”

Student

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