

## **Goal Setting and Motivation for Career Success**

### **ACTIVITY ONE**

A really good resource – NCW in partnership with HIGH PERFORMANCE

**Click on:** <https://nationalcareersweek.com/ncwhpp/>

Click on the video links for very short video snippets from a range of motivational speakers including Bear Grylls; Sir Clive Woodward; Lily Cole; Billy Monger; Eddie Jones; Kasper Schmeichel; Steph Houghton

I would start with the NON-NEGOTIABLES and WHAT IS HIGH PERFORMANCE.

The videos should 'spark' classroom discussion about what is required for 'high performance' in lessons and subject examinations, as well as in life skills.

Scroll down and click on 'Video Files'

Scroll down the 'red' clapper boards to the video of your choice and click on it.

Videos range from 1mins to 4 mins

### **ACTIVITY TWO**

**A film about HOPE -** <https://ncw2020.co.uk/a-film-about-hope/>

*"It is with great pride that we introduce the official NCW2020 film, HOPE. All our feedback shows that this film has resonated with more students, parents, carers and teachers than any film I have made over the last 20 years."*

Duration – 7m 44secs

Post video activity:

Pupils discuss Kamal's messages and what having hope might mean for their careers and their potential –

\* What if hope is the magic touch? The life hack, the weight that tips the scale 10% in your favour

\* Maybe hope is the motivator telling you you're not quite there now but you'll get there later

\* Maybe it's not hope but actually doubt that's the traitor, stealing us from our most adventurous thoughts and our wildest dreams, projecting our whole future based solely on our current means

Pupils are asked to discuss what their concerns are for their futures and their careers, reflecting on the student concerns in the film and their own views.