

Video Three

ACKNOWLEDGE WHO YOU MOVE WITH

The aim of this session is to encourage students to identify positive and negative influences. This exercise will also encourage self-reflection, as students will evaluate the quality of their influence in the lives of their peers also.

Coaching Questions & Conversations (start the week discussing these):

- Identify two friends who have a positive impact on your learning.
- What do they do to encourage or inspire you?
- Share an example of a specific time you were positively supported by a friend?
- What is an important lesson which you have learnt from a friend recently?
- What are three of the most important qualities of a good friend to you? (Feel free to use the space below to list them if you find it easier to see it written.)



Video Three

ACKNOWLEDGE WHO YOU MOVE WITH

Weekly Activities

Midweek Challenge:

Call or message a good friend and thank them for something specific, which you really appreciate.

End of the week reflection question:

What type of friend have you been to others recently?

Feel free to use this space for reflection in relation to this session.



Why not let us know how you got on this week? Drop us a line at info@innerscope.co.uk

