THE RESET
SCHOOLS PROGRAMME
BY LIFE BY WILL

Personal development for sixth form students

Four online sessions for ages 16–18

Help students build confidence, communicate respectfully and make considered decisions under pressure.

What schools receive

Four ready-to-use sessions with welcome and teaching videos, guided reflections, interactive knowledge checks and a practical action task in every session. Students receive a certificate after completing all four sessions.

Where it fits

The programme supports sixth form enrichment and pastoral provision. It connects with Learning for Life and Work in Northern Ireland, PSHE and RSHE in England, Health and Wellbeing in Scotland, and RSE in Wales.

Safeguarding and student support

Teachers supervise delivery and follow their school's safeguarding procedures. Students are never required to share private experiences publicly. The programme is educational and schools retain responsibility for pastoral support.

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What students learn

01 **Self-awareness and emotional intelligence**

Recognise emotional triggers and explore how thoughts, feelings and behaviour influence one another.

02 **Confidence, identity and resilience**

Identify strengths, distinguish confidence from self-worth and practise ways to handle setbacks.

03 **Healthy relationships and communication**

Recognise respectful behaviour, set boundaries and practise clear communication online and in person.

04 **Managing pressure and positive decisions**

Recognise sources of pressure, weigh options and use personal values to guide practical next steps.

How schools deliver it

Students receive an invitation at their school email address and set a password for LearnWorlds. They begin with modules one and two. The remaining modules open after the cohort has had time to reflect and complete the first two.

Teachers introduce the programme and supervise as students work through the materials. LearnWorlds tracks completion and issues certificates after all four sessions.

Explore the teacher guide or email thereset@lifebywill.com.