



HITCHIN BOYS' SCHOOL
An Academy Trust

October 20th 2014

Dear Parent / Guardian / Student,

Sixth Form Inner Drive Workshop

On **Thursday 23rd October and Friday 24th October** all Year 12 students will take part in an Inner Drive Workshop. Inner Drive is a mental skills training company. The hour-long workshop will focus on performance psychology and mindset training to help students maximise their talents and perform under pressure as well as develop important study skills.

The training will help students build mindsets that generate consistent high performance and maximise their chances of success. All of the trainers delivering the workshops are CRB checked. There will be no cost to the students as this is being met by the three participating schools.

Inner Drive will run at Hitchin Girls' School on Thursday 23rd October and at Hitchin Boys' School on Friday 24th October and will involve students from all three schools within the Consortium. The workshop will last an hour and sessions take place at the following times:

- Workshop 1: 9.00 am until 10.00 am
- Workshop 2: 10.10 am until 11.10 am
- Workshop 3: 11.30 am until 12.30 pm
- Workshop 4: 1.30 pm until 2.30 pm
- Workshop 5: 2.30 pm until 3.30 pm

Students will be told by their form tutor which workshop they are to attend. Where possible we have tried to place students in a workshop running during their independent study lessons. However, in a few instances this has not been possible.

Yours sincerely,

Mrs E Christou
Head of Year 12

Mrs Lansdown
Assistant Head
Head of Sixth Form

Head Teacher: Mr M Brown



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