



The Starfish Programme

What is the Starfish Programme?

Some people are very good at doing school work. They can pass exams, seem to understand things very easily and enjoy sitting in lessons. Others do not but here is the great news: if you are not one of those people you can still be successful in your life.

The Starfish Programme has been designed by people who have been very successful in their lives but who found school work very hard. This is the best way to describe what the Starfish Programme is all about.

- It is made up of 6 one hour sessions at your school or college with one session being held each week so the whole programme should be completed in 6 weeks.
- The sessions are presented by one or two people who have done very well for themselves. They may have made a lot of money, been successful in their chosen profession or perhaps just learnt life's lessons and want to share them with you.
- Each session has one powerful message that can make a difference to your life.
- None of the messages need you to be good at maths, English or sciences or to have passed any examinations. It may seem unbelievable but being successful is something you choose to be or choose not to be. It is all down to you.
- You will not have to write things down or be expected to learn anything other than the Starfish Golden Rule and the 6 Starfish Messages.
- Each of the sessions we use a fun activity to help us remember the key messages whether it is learning how to juggle (not as hard as you think) to operating a remote control car they should be fun and useful.
- After you have left school you will still be able to access the Starfish web site where you can download loads of useful stuff from how to write your CV to how to do well in interviews.

Who should attend?

Anybody who your school or college thinks would benefit is free to attend; we do not prevent anybody who wants to take part from doing so. However, we are quite keen on the following:-

- Year 10 or year 11 students
- Those whose strengths do not lie in doing normal lessons and sitting exams.

What will you get if you do attend

- Confidence! Almost certainly the people who come to your school to run the Starfish Programme will have very similar backgrounds to you and they have managed to be successful so you can too!
- One overall Golden Rule and 6 key messages that will help you to get on in the world. They worked for us and they will work for you.
- A certificate at the end of the programme that proves you have graduated from the programme.
- A different view of the world than when you started.

