



PEAK PROGRAM

The Peak Program is a long-term self-development program designed for teenagers. The program is centered around three pillars of development, which include...

1. **Productivity:** Developing students' ability to work smarter not harder. Students will also reduce external distractions (such as social media) that lead to poor study outcomes. Students will also develop new productive habits and techniques.
2. **Focus:** Students will develop intense focus and learn prioritisation techniques (for example, the 80/20 rule) that will improve their success both in and outside of school. This intense focus, known as 'deep work', will help students produce higher quality work in a distracted world.
3. **Results:** The Program will be driven by tangible and proven results. Once students set their goals, these goals will be closely monitored and tracked by our team. Feedback will also be provided via our online platform so students are held accountable and can make improvements. This will allow them to deeply focus on their goals and habits, ultimately leading to sustained improvement.
Results will be presented to parents in a report format at the conclusion of the program.

The Peak Program is a hybrid program (both online and offline) that allows students to access additional resources in their own time.

To achieve the goals of the Program, the 8 face to face workshops will centre around our three pillars of productivity, focus and results.

The 8 face to face workshops have been outlined below...

1. Introduction and Online Set Up

Students will be given an introduction to the program's goals and outcomes. They will then set up their personalised account online so they can better interact with the program's content. This allows students to access content between classes so that they can implement our skills in their day-to-day life.

2. Social Media Distractions

Social media is one of the biggest distractions holding students back from reaching their potential. In this workshop, students will learn why social media is so addictive from a scientific context. Students will also be given tangible strategies to help reduce their use.

3. Modern Goal Setting

In this unique session, students will set their goals as a group together. These goals will be tracked through our online system and we will also use Google Forms to collect data on student progress (which will be made available to teachers).

4. Prioritization and 10x Productivity

Students will discover different ways to prioritise their daily tasks based on how urgent and important they are. Students will learn how to become more involved, determined and productive in their studies through using rules such as 'Pareto's Principle' or Warren Buffett's infamous '5/25 Rule'.

5. Sleep, Breaks and Naps

This workshop will teach students the importance of resting (instead of quitting). A lot of students will struggle with being overwhelmed by their studies and/or burnout at some time during their school journey. We will explain 'when to say no' to things that do not align with your goals and how this is a difficult, but incredibly powerful strategy.

6. Mentorship and Networking

This workshop will help students improve both the style and substance of their communication skills. Students will have greater confidence when speaking to potential mentors and will also understand how to build effective relationships with their peers. These skills will serve them very well in the future as they apply for jobs and promotions after school.

7. Resilience

Resilience is critical for success in life. This ability to bounce back after challenges will serve students well as they transition from childhood to adulthood. Resilience is crucial for building positive habits and also for self-esteem/mental health.

8. Conclusion, Reflection & Reset for the Future

In this concluding workshop, students will reflect on their results as a team and provide feedback to one another for future improvements. We will also look at creating structure and setting goals for the future so that the program's momentum continues beyond the Peak Program.

PROGRAM FEATURES

The total program will include...

- 8 face to face workshops – run over the course of a term
- Over 20+ hours of additional online resources which students and parents can access via our new online platform (including worksheets, podcasts, webinars, catch-up videos for missed workshops and additional assignments).
- Tickets to the 'Wolf Pack Conference' – hosted in the Term 1 holidays

KEY STATISTICS (2018)

- **100%** of students who have completed the Wolf Pack Program say that they would recommend the program to other students
- **100%** of teachers who have completed the Wolf Pack Program say that they would recommend the program to other schools and students
- **94%** of students said they would like to participate in additional follow up sessions if they were offered after the program

INVESTMENT

The value of the Wolf Pack Program is \$4400 (GST Inclusive) for a maximum of 40 students to take part. This works out to approximately \$110 per student for over 40 hours worth of self-development content.

The school may wish to fund the entire program or fund a portion of the program and then ask students to contribute the other half.

We look forward to having an extremely positive impact on the students next term.

David Castelanelli

Founder of Alpha Motivation

Former WA Youth Ambassador 2018

