

# Action Jackson Fix-Up Seminars

We have been working with LOT for 7 years now. In that time we have been able to successfully connect with the students through our work which consists of leadership lessons and confidence building and a host of other topics that challenge them to fulfill their potential. We visit schools throughout the UK conducting motivational workshops for students at different levels. Our workshops include:

- 1. Identity**
- 2. Stress Management**
- 3. Exam Preparation**
- 4. Time Management**
- 5. Goal setting**
- 6. Learning skills**
- 7. Memory skills**

Our goal is to help the young people to realize their potential and to equip them with the tools and strategies necessary for them to be able to make an impact on our society. We have a lot of fun with the many young people who have come through LOT and I believe it is an essential project for growth and wellbeing. Going to the US with the LOT students was a highlight of the working partnership. We spent a week relating to other young people in the US, this was an experience that reinforced the lessons we teach at FIXUP. For more information on what we do visit our site [www.TheFIXUPteam.com](http://www.TheFIXUPteam.com) or call 08445 610 410