

**Robert Higgs Anti-Bullying Workshop - Holiday Inn, Norwich Airport Wednesday 2nd November BOOK NOW!**

Hi,

Anti-Bullying Week is fast approaching and I'd like to tell you the truth about bullying:

If I'd been given this information when I was at school I'd *never* have been bullied.....

I wouldn't have allowed it to happen. My confidence, self-esteem and emotional resilience would have developed quicker. I would have understood bullying and that knowledge alone would have protected me from it.

The thing is:

I was bullied at school myself

And the information I took from that experience was life changing.

When I was being bullied I felt weak, angry, frightened, ashamed and powerless.

I felt exactly the same as every bullied young person does today.

My success in getting myself out of that situation is down to one thing:

Personal Development.

My real experiences of bullying have given me the attitude, skills and knowledge every young person you work with needs to protect themselves from bullying.

And

**On Wednesday 2nd November I'm holding an Anti-Bullying Workshop at the Holiday Inn Hotel, Norwich Airport from 11-1pm** where I will be teaching this information to just twenty people and I'd like you to be one of them!

You will then be able to teach these life changing skills and strategies to the young people you work with and change their lives too.

And all I require is two hours of your time!

If you're a Teaching Assistant, PSHE Subject leader or Anti-Bullying Lead then this workshop is essential for you.

It will be an action packed two hours!

The course includes:

- A live performance of The Boy In The Photograph – the outstanding drama presentation I deliver to schools and other settings.
- In depth presentation on tackling the root cause of all bullying - 'The Victim State' and how to help young people overcome this.
- Full length interactive Anti-Bullying workshop that you can teach to young people in Primary, Secondary and Further Education.

You will leave the course with:

- A deep understanding of what bullying does to a young person and the challenges a young person faces when attempting to turn their situation around.
- A 10 Step Personal Development Action Plan with strategies and confidence building action steps and exercises you can teach any young person to help them protect themselves from bullying, not just at school but in the long-term.

In addition:

I will take you through the Robert Higgs Anti-Bullying Workshop, that has been of significant value to hundreds of schools over the past ten years and I will train you to deliver my workshop in your school or setting.

I'll show you how to structure an effective workshop, I'll take you through the roleplays, word games, skills and strategies that give young people confidence in bullying situations. You can then take them back to your school and teach to your pupils or students in time for Anti-Bullying Week!

And what's more:

The workshop is adaptable and effective for any age audience – it works for young people in Primary Years 4-6, Secondary Years 7-11 and in Further Education ages 16-19. You'll receive a set of guidance notes and I will show you how to adapt the workshop for your target audience.

This Anti-Bullying workshop will prevent low-level bullying and name calling developing into bullying incidents in your school, college or educational setting and will develop greater confidence, self-esteem and emotional resilience in every young person you teach it to.

Let me ask you a question:

When *you* were at school were you given the same advice as me?

Just stick up for yourself!

When you're being bullied, of course you want to 'stick up for yourself,' but it's never as simple as that.

Bullying often takes young people by surprise or their roles in the situation are so conditioned that they 'freeze' on the spot and the words they want to say never leave their mouths. Sometimes the words they *do* say only exacerbate the situation.

Young people frequently tell me that they are afraid to answer back to verbal bullying in case their answer doesn't work or in case they get themselves into trouble.

But it's all about *how* you answer back.

Bullying is about intention. A bully intends their words or actions to have an *emotional impact*. Whether bullies succeed or not is dependent entirely on the reaction of the person they target.

This is why people who bully have no real power.

Bullying is about a temporary or imagined *imbalance of power* where the 'victim' is placed in a situation where they find it extremely difficult to defend themselves.

So it makes sense that young people in bullying situations would report these fears.

There are two important things I would like to share with you:

Firstly, when young people alter their perspective and see bullying as a game reliant upon their reaction to it, they are empowered. This knowledge alone can re-adjust the power 'imbalance.'

When young people see bullying as a game the emotional impact of bullying begins to lessen – they start to *de-personalize* the situation. They begin refusing to take anything a bully says personally because they understand the bullies intention and they begin to feel *better about themselves*. They develop their self-esteem further. They become emotionally *resilient*. They begin to form an internal strength that protects them from bullying

Secondly, when young people learn strategies and skills that help them to answer back, they become increasingly self-confident. This self-confidence allows them to protect themselves and others.

My Anti-Bullying workshop will teach your pupils & students the skills, strategies and attitude that young people need to protect themselves from bullying through their life in education and beyond!

This is what the workshop does:

The workshop is highly interactive and uses drama skills, role-plays and word games to teach young people to respond *assertively* to verbal bullying – name calling and teasing.

The workshop does this by re-creating and role-playing situations involving verbal bullying in a safe, controlled way that allows participants to practise and get good at answering back in an assertive manner.

You see, young people will often respond passively to name calling – they will show the hurt or anger or upset that the bully is looking for and which encourages the power imbalance to develop.

Other young people will respond *aggressively* to name calling. Bullies are skilled at discovering the names we don't like being called and saying those names repeatedly because every time they do – they get an emotional response.

So, whether the bullying happens in person or online, you get young people lashing out, or trying to attack the bully verbally in return and young people often share that doing so has got them into trouble and they feel that this 'isn't fair' because:

*They were just trying to stick up for themselves.*

This workshop enables young people to develop the confidence, self-esteem and emotional resilience they need to protect themselves from the hurt caused by bullying and it does this in a safe and controlled way.

I know these skills and strategies work because:

I was a bullying 'victim' and this is the exact strategy I developed and applied to create an amazing life for myself! I have shared this powerful information through my books, plays and thousands of workshops & presentations to schools and colleges over the past decade.

I know exactly how painful bullying is and I know what it takes to overcome it.

It takes self-confidence, self-esteem and emotional resilience.

But don't just take my word for it!

I have taught this workshop to pupils & students, peer mentors and teaching professionals in hundreds of schools and educational settings over the past ten years and the feedback has been fantastic – these skills and strategies are very effective – young people and adults agree:

'Twenty pupils from year's Five and Six attended the hour long workshop. With minimal resources - a flip chart and tennis ball, Robert's workshop kept the groups attention and encouraged and enabled all to participate. His honest and professional approach gained the respect of the group and this empowered the more reticent children to take an active part in the workshop. The children were unsure what to expect from the workshop, but from the feedback I have received all were glad that they took part. These are some of the children's comments;

- 'I liked it because it helped me, I now use what we did.'
- 'He helped me, I feel confident now how to reply to bullies.'
- 'It was fun.'
- 'Learning how to deal with insults was good.'

St Michael's Easthampstead Primary school

'I really enjoyed the workshop. I gained a lot. I use the skills at home and when I play out. I like the way you played lots of games to explain how to use the skills. I loved the bouncing the ball off the body game – that was the part that helped me the most as it taught me how to cope with people who bully. Also the game where you had to think of a way to talk back without insulting the bully.'

'Thankyou very much for the utterly brilliant workshop. I thought the bouncing away of the ball helped me and will continue to help me to show you are confident to ignore bullying and won't let it get to you. It's definitely affected into me and has made bullying not get to me anymore. I thank you again very much.'

Cranbourne Primary School

'Thankyou for doing the workshop with us. It was great. I loved it. I even use the words you taught us, it was brilliant and my favourite thing was how you taught us to respond back in kind talk and it really did help so thank you very much. Best thing I ever did!'

'Thankyou for all you've taught me in the anti-bullying workshop! I have used it all the time, I needed it at home, at school and out of school. I enjoyed playing all of the games, especially the game where

there were two teams and you had to give a compliment back.'

Crownwood Primary School

So, can you spare me two hours of your time on Wednesday 2nd November?

If you can, I would like to provide all the training and materials you need for you to deliver this workshop to your pupils & students in your school, college or educational setting.

I will train you to deliver my workshop in your school or setting. I will take you step by step through the workshop, explain the methodology and allow you to experience the techniques I teach first hand. I will also provide a guidance booklet explaining in detail exactly how to deliver the session so you have a resource that can be used repeatedly as part of your Anti-Bullying preventative work.

This is what this workshop will mean for you:

- Pupils or students who typically respond passively or aggressively to name calling can feel happier and safer having learned to be assertive instead. This means:
- Pupils & students that are empowered to speak up for themselves and for others. This means:
- Low level bullying that would otherwise escalate can be stopped at an early stage. This means:
- Less incidents and issues for yourself and colleagues to investigate and resolve. All from: a workshop that can be delivered 'in house' as often as you wish at no further cost.

The truth is...

This workshop is fantastic and I really want to help you to deliver it in your school, college or educational setting.

I'm especially keen to help if you:

- Are committed to reducing all forms of bullying in school/college and have lesson time available for Anti-Bullying activities.
- Work with young people who bully and would you like these young people to understand just how destructive bullying behaviour is to everyone in school/college.
- Work with young people that are bullied and would like them to have access to information that can change their life.

- Work with young people that are 'passive bystanders' and would like them to be more active in challenging and reporting behaviour and in supporting each other.
- Would like young people to learn Anti-Bullying skills and strategies that will protect them from bullying beyond their life in education into adulthood.

So come and join me on **Wednesday 2nd November at the Holiday Inn Hotel, Norwich Airport from 11-1pm.**

In addition to being trained to deliver my highly effective Anti-Bullying Workshop you will also see a live performance of The Boy In The Photograph by myself and my 10 step Action Plan for helping any young person resolve any bullying situation they ever find themselves in.

Believe me, this workshop is great value because:

Booking me for a single presentation of The Boy In The Photograph would normally cost you £300.

Booking me to deliver the Anti-Bullying Workshop training would normally cost you £500

On Wednesday 2nd November you will get both for just £297 PLUS the following bonuses:

Bonus # 1: One FREE copy of The Boy In The Photograph Drama Resource [worth £297!] which allows you to stage your own production of this play in your secondary school or setting with one of your pupils in the lead role!

Bonus # 2: You'll receive my free E book – 'Ten Short Plays For Anti-Bullying Week' [worth £27!} – ten short pieces of drama about bullying, written by me for young people to perform in assembly or as part of your Anti-Bullying Week activities.

Bonus # 3: Automatic subscription to the Robert Higgs Anti-Bullying Newsletter – packed with useful content, special offers, interviews with practitioners and continuing up to date guidance on tackling bullying.

Comprehensive course notes and my 10 step Action Plan will also be emailed to you in pdf format in advance of the workshop

This means that

For a single payment of £297 you can

- Deepen your understanding of bullying and increase your ability to help the young people you work with and
- Be trained to deliver a highly effective Anti-Bullying workshop that you can deliver as often as you wish at no further charge with no limit on the number of young people this can help in your school or setting!

And you can only get these insights from me

When it comes to bullying, I'm speaking from real life experience – the most effective form of teaching there is.

Here's the thing:

There are just 20 places available for the Wednesday 2nd November course, on a first come, first served basis.

So if you haven't experienced my work before and would like to benefit from my unique insights and training, book your place now!

To book your place now complete the [attached booking form](#) and return it by email to [rob@roberthiggs.co.uk](mailto:rob@roberthiggs.co.uk) or by post to Robert Higgs Anti-Bullying Presentations, PO Box 10056, Nottingham, NG2 9LS and an invoice will be emailed to you.

Simply complete the form and return full payment of £297 by cheque or Bacs to reserve your place.

I look forward to meeting you. It will be a fantastic course!

Kind Regards

Robert Higgs

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PS: If you'd like to know more about my unique Anti-Bullying Presentations and Resources visit online at [www.roberthiggs.co.uk](http://www.roberthiggs.co.uk)