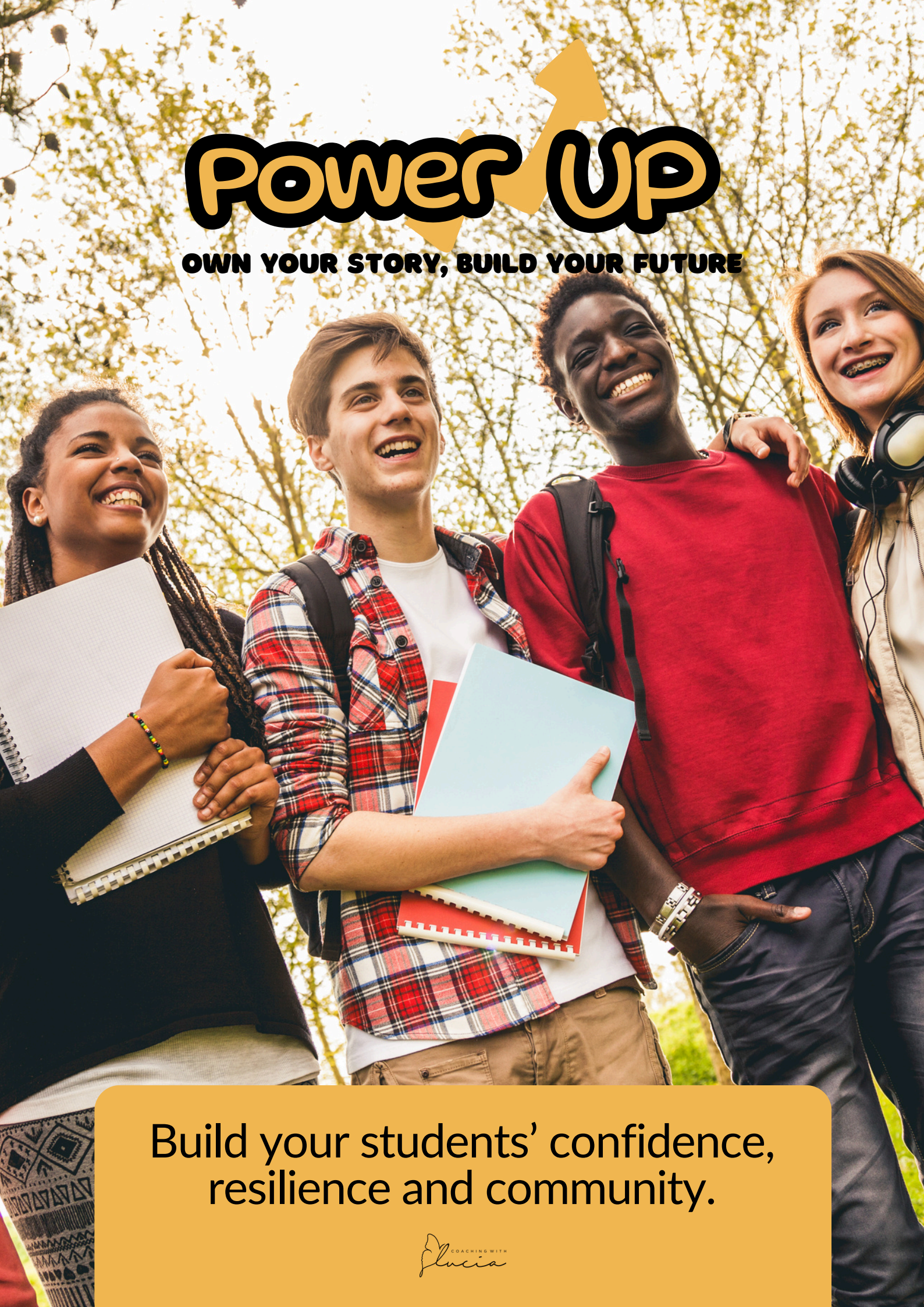


A photograph of four diverse students (three young men and one young woman) smiling and looking upwards. They are holding notebooks and standing outdoors in front of trees. The student on the far left is a young woman with dark skin and braids, wearing a black top and holding a white notebook. Next to her is a young man with light skin, wearing a red and blue plaid shirt over a white t-shirt, holding a light blue notebook. Then is a young man with dark skin, wearing a red sweatshirt, holding a red notebook. On the far right is a young woman with light skin and long brown hair, wearing a white jacket and holding a black notebook. The background shows green trees and a bright sky.

Power UP

OWN YOUR STORY, BUILD YOUR FUTURE

Build your students' confidence,
resilience and community.



WHY POWER UP: OWN YOUR STORY, BUILD YOUR FUTURE™?

The job market is tough, and students struggle with confidence and loneliness.

What once was the key to success has just become the baseline (a degree, good applications tools, skills...), and students face challenging circumstances preventing them to build their desired lives and careers, including:

- Their perception of opportunities on offer and success rate
- An increasing lack of confidence
- Lower levels of resilience, impacting their ability to cope with challenges
- Anxiety and loneliness
- Perceived AI threat

However, latest graduate labour market data indicates that we may be facing a cooling, not a collapse, and that most students are still finding work, many in professional roles. It is a shifting market that requires individuals to become **agile, flexible, resilient and confident** as they pivot from the traditional “graduate scheme to promotion” model.

So, what do students need to maximise these opportunities?

Resilience. Confidence. Strategic approach. And a **support network** to help them get through the tough application processes as they wait for an opportunity to come.

Which is exactly what *Power Up: Own your story, build your future™* helps with.



WHO IS POWER UP: OWN YOUR STORY, BUILD YOUR FUTURE™ FOR?:

This programme is designed for all students who want to build confidence, wellbeing and a stronger sense of direction, and can be particularly impactful for students from underrepresented backgrounds and international students, who often face additional barriers to belonging, confidence and academic adjustment.



Research shows that **belonging** is a critical predictor of retention, wellbeing and academic success, with students who feel connected to their institution more likely to **persist in their studies and experience better mental health**.



International students, in particular, experience higher levels of isolation, cultural adjustment stress and reduced sense of community, all of which negatively affect wellbeing and engagement, and which the OfS identifies as key equality-of-opportunity concerns. Targeted interventions that **build connection and confidence** significantly **improve their experience and outcomes**.



Recent OfS Access & Participation data shows that students from disadvantaged backgrounds are significantly less likely to complete their course, achieve high grades or progress into graduate-level employment, with continuation gaps of up to 10 percentage points and degree-outcome gaps of nearly 18 percentage points. Students benefit from structured **support that strengthens identity, motivation and self-belief**, core components of widening-participation strategies across UK universities.

This course directly addresses these needs through evidence-based tools that enhance **belonging, confidence and resilience**, helping every student (regardless of background) feel **equipped, supported and empowered to thrive**.



WHAT IS POWER UP: OWN YOUR STORY, BUILD YOUR FUTURE™?:

5-module personal development course to help students build confidence, resilience and community.

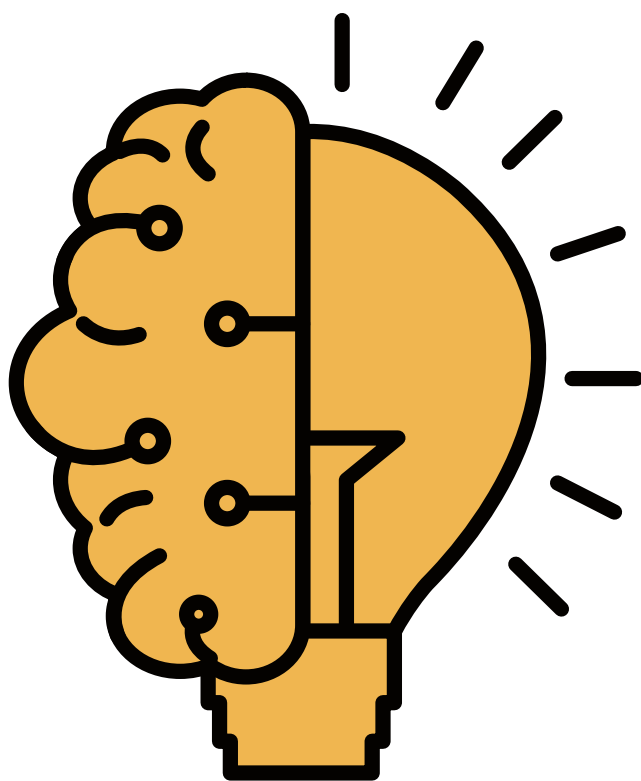
Power Up: Own your story, build your future™ is a **science-informed personal development programme** that helps students build the **self-awareness, confidence and resilience** they need to thrive in their studies and beyond.

Grounded in **positive psychology, behavioural science and evidence-based coaching**, the course equips learners with practical tools to:

- understand who they are
- manage imposter feelings
- make intentional decisions about their future
- develop sustainable wellbeing habits that support academic success
- strengthens students' sense of belonging

They will learn from the latest Neuroscience of Change, Positive Psychology, Science of Wellbeing, Power of Embodied transformation and health optimisation to help them move from surviving to thriving, to **discover their abilities and unique strengths, maximise their potential, increase their confidence** and level up in a way that positively impacts their lives, personally, academically and professionally.

Through this personal development programme your students will learn to **take conscious action to create a happier, more fulfilling life and use their inner strengths to create a career based on fulfilment, alignment and self-awareness.**





WHAT WILL THEY LEARN?

- **Self-awareness foundations:** Students explore their strengths, values and motivations to build a clearer sense of identity and direction.
- **Raising confidence & managing imposter syndrome:** They learn how the brain responds to self-doubt and practise strategies to work with, not silence, their inner critic.
- **Purpose & future planning:** Using visualisation and action-planning tools, students map meaningful next steps and identify opportunities aligned with their goals.
- **Resilience & wellbeing habits:** They develop practical routines across sleep, nutrition, movement and presence, supported by the latest behavioural science.
- **Strengthen community, belonging & engagement:** Students learn how connection supports wellbeing and academic persistence. And come together on a weekly basis to a group of like-minded individuals, strengthening their connections and positively impacting their sense of belonging.
- **Sustainable personal growth:** Students learn how to build habits, maintain momentum and navigate challenges with greater emotional agility.

PROGRAMME OVERVIEW

Duration: 7 hours

(+ over 30 hrs of activities available in our library!)

7hrs of live training over the course of 5-weeks (1h 30min weekly sessions) and access to a resources library with podcasts, recommended readings and practical exercises.

Module 1: Who are you?

Students develop a grounded sense of identity by exploring their strengths, values and natural patterns. They learn how self-awareness supports motivation, confidence and informed decision-making.

Module 2: Building confidence

Students understand the areas impacting imposter feelings and learn evidence-based techniques to regulate self-doubt, work with their whole brain and build authentic confidence.

Module 3: Purpose

Students clarify their personal “why” and connect it to their academic and career direction. They learn how purpose strengthens resilience, engagement and long-term wellbeing.

Module 4: Personal Development Planning (PDP)

Students use visualisation, action boards and opportunity mapping to design meaningful next steps. They learn how to translate intention into action through structured, achievable planning.

Module 5: Best self & resilience building

Students build sustainable wellbeing habits across the four pillars. They learn how behavioural science, the resilience loop and habit formation support performance and emotional agility.



THE IMPACT

The principles taught in *Power Up: Own your story, build your future™* have positively impacted hundreds of individuals:



1-2 points of increased engagement reported after the sessions

9 NPS score

4.3 points increase in confidence, strengths and skills awareness after the sessions (for Imposter Syndrome module)

#2 most enjoyable session (Student vote for Imposter Syndrome module)

#1 most useful session from a professional point of view (Student vote for Imposter Syndrome module)



WHAT DOES IT INCLUDE?

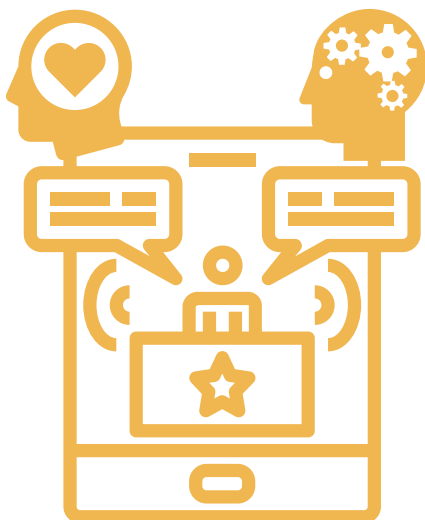


Bespoke, quality coaching

Lucia is a registered with one of the leading coaching bodies, IAPC&M, which ensures all accredited practitioners demonstrate they have the highest levels of professional standards (and capability) in the industry. As well as having extensive experience in Higher Education working as a Careers Coach.

Over 30 hours of expert designed activities

A vast library of resources with tools and activities designed to help them discover more about themselves and how to create a more fulfilling, happier life and career.



7 hours of dynamic teaching sessions

5 x 90min sessions packed with insights and teachings from the wellbeing leading experts, they'll learn the latest concepts from Neuroscience of Change, Positive Psychology, Embodied Transformation and optimal wellbeing to help them better understand their body and mind and how to work with them to create a better life, personally, academically and professionally.



ABOUT LUCIA AND HER METHOD

Lucia is an award-winning marketer and Career Fulfilment Coach with over 20 years' experience in global marketing, leadership development and Higher Education.

She brings a unique blend of industry expertise and Higher Education practice, supporting students at De Montfort University and The University of Northampton to build identity, confidence and future-ready skills.

Her approach combines science-backed learning with down-to-earth coaching, helping students understand how their mind works, develop sustainable wellbeing habits and take ownership of their personal and professional growth. Warm, engaging and evidence-informed, Lucia creates learning environments where students feel seen, supported and empowered to thrive.

Her method: Explore, Experience and Empower.

Explore and Experience

The course is expertly designed based on principles of how people learn best: a mix of practical exercises and educating to benefit all learning styles. This enables people not just to learn but integrate the learning to help change be made.

A combination of science-backed learning with down-to-earth exploratory exercises will have students understanding and experiencing how to work best with their brain and body to efficiently impact their behaviour and increase their motivation and energy.

Empower

During the course students will access the tools and techniques that will enable them to take ownership of their own journey. A learning and experiential journey that will allow them to become confident and curious in embracing their own potential, motivated and energised to build their own paths, growing and developing their best self.





FEES AND NEXT STEPS

Ready to get your students powered up? So am I!

Course fees: £5,000 (+ VAT)

All fees include live group coaching delivery, workbooks and access to the resource library.

If you are interested to hear more about *Power Up: Own your story, build your future™* and how to offer it to your students / institution, you can contact me on lucia@coachingwithlucia.com



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