



# RAYSE THE GAME

#Motivating Teenagers

## MOTIVATION + STUDY SKILLS + ANXIETY MANAGEMENT LIVE SEMINAR



### YOUR TEEN WILL LEARN:

1. Mindset - Learn the secret to motivation and get fired up about school and study
  2. The Game Plan - how to be more organised, efficient & productive and beat procrastination
  3. Goal setting - how to create laser-like focus and concentration
  4. Time blocking and time management
  5. My powerful 30-Minute Study Method
  5. How to save hours of wasted time re-writing notes using my own unique note-taking technique called WHIZGRIDZ
  7. To double their memory capacity and the magic formula to retain information in the long-term.
  8. BONUS: ANXIETY TOOLKIT to help with anxiety, stress and demotivation
- "YOU DID WONDERS FOR MY SON'S CONFIDENCE. HE WENT UP 80 POINTS AFTER YOUR PROGRAMME." Margaret M, Parent.

GET READY TO BE MORE MOTIVATED, LESS ANXIOUS AND  
GET BETTER EXAM RESULTS

FOR A FREE STUDY PLAN GO TO

[www.raysethegame.com](http://www.raysethegame.com)



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