

REVITALISE DAYS

EXAM SUCCESS

Exams Looming?

When exams are looming it is really common to experience stress, anxiety, trouble sleeping and difficulty concentrating. These are all problems that can be overcome with Mindfulness.

Revision wearing you out?

When we feel nervous we use a lot more energy in everything we do. It is really common to feel worn out. Mindfulness can boost your energy levels and get you working to your full potential.

Exam Performance

Performing well in exams is as much about technique as it is about knowledge. Learn some brain training exercises and you will be streets ahead. You will be able to focus fully on each question in turn and will be much more clear thinking in your answers. Get your brain working well and you really will see the difference in your performance.



Train Your Brain For Exam Success

Getting the best out of your brain is like getting the best out of any other muscle in your body. You need to warm up with some dynamic exercises, you need to have trained in order to focus during the main event and then you need a cool down so that you are ready for the next session.

Having a few simple mindfulness exercises in your exam tool kit really can make all the difference. A calm and focussed state of mind really is the key to success.

Arrange a Revitalise Days exam session to experience the benefits.

Contact Alex Blossom, Mindfulness and Well Being Coach for more details. Group sessions available.

Call 07534095200

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