



Helping Young People Build Confidence, Resilience and Healthy Relationships.

The Reset Schools Programme is a four-session online personal development programme designed for students aged 16 to 18. Curriculum-aligned, safeguarding-conscious and easy for schools to deliver, it gives young people the practical tools they need to understand themselves, build genuine confidence, navigate relationships and make positive decisions — for life inside and beyond the classroom.

Curriculum-Aligned

Supports LLW, PSHE/RSHE, Health & Wellbeing and Personal Development across all four UK nations.

Easy to Deliver

Teacher-supervised online delivery. No lesson planning or content creation required from school staff.

Evidence of Learning

Built-in knowledge checks, reflection tasks, scenario activities and completion certificates for every student.

ABOUT THE PROGRAMME

What Is The Reset Schools Programme?

The Reset Schools Programme was created by Will Phillips, founder of Life By Will, with one clear purpose: to give young people the self-awareness, relational skills and decision-making tools that traditional education rarely has time to teach.

Delivered entirely online through a secure course platform, the programme requires no lesson planning from teachers. Students work through each session during class time, guided by expert video content, reflection activities and interactive knowledge checks. The teacher's role is simply to supervise — everything else is provided.

CURRICULUM ALIGNMENT

LLW / Personal Development (NI)

PSHE & RSHE (England)

Health & Wellbeing (Scotland)

RSE Code (Wales)

Sixth Form Enrichment

Pastoral Care

SAFEGUARDING

The Reset Schools Programme is an educational personal development programme. It is not counselling, therapy or mental health treatment. All content is age-appropriate and safeguarding-conscious. Teachers remain responsible for safeguarding throughout delivery.



PROGRAMME CONTENT

What Students Learn Across the Four Sessions

Each session follows a consistent five-part structure: a welcome video, a core teaching video, a written reflection activity, an interactive knowledge check and a personal action task.

S1

Self-Awareness & Emotional Intelligence

- What emotions are and what they are telling us
- The difference between reacting and responding
- The iceberg model — behaviour versus underlying causes
- How environment and relationships shape how we feel
- The thought-emotion-behaviour cycle

S2

Confidence, Identity & Resilience

- The difference between confidence and self-worth
- Why waiting to feel ready keeps people stuck
- How social media and comparison affect self-image
- Identifying personal strengths as a foundation
- The three building blocks of real resilience

S3

Healthy Relationships & Communication

- Characteristics of healthy and unhealthy relationships
- Recognising control, pressure and disrespectful behaviour
- What boundaries are and how to set them without guilt
- Four communication skills for real relationships
- Why the same standards of respect apply online

S4

Managing Pressure & Positive Decisions

- Three types of pressure and how each affects decisions
- Why we make our worst choices when most stressed
- Personal values as a compass in difficult moments
- A five-step framework for decisions under pressure
- Goal setting that is specific, values-driven and achievable

DELIVERY

How the Programme Works in Your School

- 01 School books the programme and students are enrolled on the secure course platform.
- 02 Students access each session during class time on any device.
- 03 The teacher supervises. No lesson planning or content delivery is required from staff.
- 04 Students complete video content, activities, reflections and knowledge checks.
- 05 Completion is tracked automatically. Certificates are issued on finishing all four sessions.

Ready to find out more?

Get in touch to discuss delivery options, curriculum alignment or to request a full programme proposal.

thereset@lifebywill.com | www.lifebywill.com