

## **Building an Educational Legacy on the inspiration of London 2012**

Monday 25th January sees the launch of an Olympic inspired Programme at Brecknock Primary School. The **Be the Best you can Be!** Programme enables young people to **discover and develop** the **unique potential within themselves** and **inspires, engages and empowers** them to **pursue and fulfil their dreams**. This unique Programme has been developed as an Educational Legacy **going beyond Sport** and far beyond the **inspiration of London 2012** to inspire the youth of Britain and the rest of the world.

**Dr David Hemery CBE, Olympic Gold Medallist and former World Record Holder** (400m Hurdles, Mexico 1968), founder of 21<sup>st</sup> Century Legacy says “everyone has a spark of greatness within them and through a combination of dreams and practical application they can achieve their potential, as long as they positively set their mind to it, believe in themselves and are prepared to work hard.”

The **Be the Best you can Be!** Programme includes a Staff Development Day, followed by the Programme **Launch**, where an inspirational Special Speaker – a high achiever, which includes Olympians, Paralympians, shares their story of how success is a journey with the need to overcome inevitable setbacks. As role models, they kick start each school launch and bring the ‘achievement of dreams’ into the curriculum. **The Launch is followed by further themes** designed to help young people discover the skills they need to follow their dreams and to begin their own successful journey. The Programme **concludes with a Celebration** where all the young people and teachers share what they have learnt and support each other in pursuing their dreams and goals. The **Programme participants are presented with a Recognition Award and Certificate**, intended to encourage them to continue to work towards their goals or set new ones.

**By completing the Programme young people raise their self-confidence and self-esteem and benefit from higher aspirations, and a clearer path to how they can realise their dreams.**

Marianne Porter, Head at Brecknock Primary School said:

“I was determined that our school would be one of the schools to undertake the **Be the Best you can Be!** Programme. The inspiration offered by High Achievers including Olympians, Paralympians who strive to achieve their dreams is incredibly powerful and can really reach out and engage our young people. I am pleased to welcome Mike Mullen to launch our Programme and my teachers and I look forward to delivering this exciting and transformational Programme.”

To find out more about **21<sup>st</sup> Century Legacy** and to arrange for your school to take part please visit [www.21stcenturylegacy.com](http://www.21stcenturylegacy.com) or call 01672 519 264.

### **School Information:**

**Brecknock Primary School**

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**Headteacher: Marianne Porter**

## **SPECIAL SPEAKER PROFILE**

**Name:** Mike Mullen, Former BMX halfpipe world champion

**Sport/Discipline:** BMX

### **List of Achievements:**

- • 98 World Masterclass Halfpipe Champion
- • 94 World Amateur Champion
- • MA in web design and graphics
- • L3 qualified sports mentor
- • Qualified NLP practitioner

### **About You:**

I grew up in a single parent family from the age of 7, was very shy and lacked confidence. PE activities often triggered my asthma which put me off getting involved in sport. I was more interested in design and creative ideas. I often describe the moment I discovered BMXing as a 'lightbulb moment'.

BMXing gave me a creative outlet, thinking up new moves, as well as offering me a way to be involved in a sport that I could have complete control over. It helped me to become focussed, look up to great role models and lead a more positive life. My confidence grew on a daily basis and as I became fitter and healthier my asthma became less of a problem.

Every time I mastered a new trick, the belief I had in myself and what I could achieve rocketed. I learnt to view any challenge as if it were a BMX trick. If I didn't pass it the first time I would keep changing my approach until I achieved my goal and felt satisfied. This helped me to not only progress to the top of my sport but also to improve my school work, build better friendships and be the best I could be in whatever I was interested in.

### **Why do you believe in 21st Century and the Be the Best you can Be Programme?**

I truly believe that everybody has hidden strands of genius waiting to be unlocked. This programme offers moments of inspiration and empowerment that unlock them through 'lightbulb moments'. The combination of self-development workbooks, coaching techniques with positive role model speakers build an environment and belief that we can be the best we can be.

### **What else are you passionate about and why?**

I'm passionate about things that push the limits of our capabilities – whether it's an adrenalin sport, a record breaking achievement or an empowering personal development that moves our thinking forwards.

### **What would your message to all young people be?**

If you love it enough and put your mind to it, you can be capable of anything!

**Twitter name:** MikeMullenBMX

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