

Direct Links for Be Awesome Go Big Session Videos

| Session | Video | Direct Link |
|------------------------------------|---|----------------------------|
| Session 1 Being Awesome | Matthew Syed – Be Awesome Go Big | click here |
| | Gemma Oaten – Dealing with Change | click here |
| Session 2 Unlocking your Mind | Matthew Syed – YET | click here |
| | Gemma Oaten – Unlocking your Mind | click here |
| Session 3 Dare to Take Risks | Matthew Syed – Failure can be your friend | click here |
| | Gemma Oaten – Taking Risks | click here |
| Session 4 Making the Change | Matthew Burton – Session 4 | click here |
| | Gemma Oaten – Who am I? | click here |
| Session 5 Lost but not Lost | Matthew Burton – Session 5 | click here |
| | Gemma Oaten – Feeling Emotionally Lost | click here |
| Session 6 ‘Bouncebackabilty’ | Matthew Burton – Bounce Back Ability | click here |
| | Gemma Oaten – Bouncing Back and Being Resilient | click here |
| Session 7 What is normal anyway? | Matthew Burton – Embrace your Weird | click here |
| | Gemma Oaten – Normal Doesn’t Exist | click here |
| Session 8 Friendships and Fallouts | Matthew Burton – Friendships and Fallouts | click here |
| | Gemma Oaten – Friendships | click here |
| Session 9 Living Well | Matthew Burton – Final Session | click here |
| | Gemma Oaten – Living Well | click here |