



OPTIMISING YOUR OWN PERFORMANCE

STUDENT QUOTES

OPTIMISING YOUR OWN PERFORMANCE (OYOP) PROGRAMME QUOTES

This document contains the experiences of students who have attended the Optimising Your Own Performance (OYOP) programme and coaching.

The approach used on OYOP goes beyond solving immediate problems and equips students for a brighter future. OYOP provides practical mindset and thinking tools which enables students to take charge of their own mental health, improve their personal happiness, increase motivation for their study and achieve both during and after university life.

The quotes are in two categories:

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To further evaluate the effectiveness of the OYOP programme data is collected from participants. Students responded to a series of questions using a Likert scale, enabling us to quantify their psychological improvements by measuring individual changes before and after the OYOP programme. The following link visualises these results, on slide one are highlights and on slide two is a more comprehensive list of results, [click here](#).

Marian, Master Student, Erasmus University Rotterdam

"I enrolled for the OYOP program late last year and so far it has been a game changer for me. I have had some unpleasant experiences in the past and from my current religious society. This has led me to constantly battle with social anxiousness. It has also taken a toll on my self-esteem, which has further translated into poor performance, especially during seminar participations in school. I had the opportunity to talk to Ashley, one on one and just within an hour into our conversation I felt better and begun to see things in a different light. Meeting personally meant that, he was able to help me apply the content studied in OYOP so far into my own context.

The OYOP program is a transformative experience and I look forward to meeting my personal and professional needs by the end of the program with its well-structured curriculum.”

Emma, Bachelor Student, University of Oxford

“I have found OYOP incredibly helpful as it has given me the skills I need to navigate the relationships in life. Especially with friends, my mum and at times of potential conflict.

OYOP has also helped me with self-confidence which due to social media and constantly comparing myself to others, was much needed.”

Bohdana, Bachelor Student, Brighton University

“Since attending the OYOP program and gaining some valuable insights, I've become more aware of myself and the people around me. It has expanded my thinking, and now I'm able to see challenges from a different perspective.

I realized that I'm not my grades or achievements and this understanding is helping me overcome academic performance anxiety. I learned that as long as I'm taking care of myself, I'm doing okay.

In the second session, the program opened my eyes to hidden dynamics enabling me to avoid misjudging people's intentions. Using assertive language helped me to understand how to approach situations that could lead to disagreements in a space of empathy and understanding.

I've made significant progress. The changes I've been making in my mindset led me to become more focused, concentrated, and active in life, and handling stress has been much easier for me.”

Mirza, Bachelor Student, Exeter University

“OYOP had some unique practical steps that were straightforward to understand and implement for maximising my performance. OYOP refreshed my perspective so that I could make better decisions with greater clarity which really supported me in achieving my future ambitions.”

Anonymous, Student Doctor

“This email is mainly to say thank you. I recently submitted some work to be reviewed and potentially used in the trust guidelines. As I waited for the feedback, I remembered OYOP and reminded myself that this is just work. This doesn't say anything about

me as a person. Even if it was not good feedback, I'll just redo it without any self-doubt or blame. This really helped me calm down. Although I don't work with a lot of people right now but I'm working with myself (which is more dangerous). I think I'll go back to OYOP more frequently to help me with lots of 'life/self-dealing'."

Adoni, Master Student, Maastricht University

"I attended OYOP as a student and found the practical mindset shifts and tools available through the programme immensely beneficial in a number of ways. I experienced changes in my mindset so that life was far more satisfying and rewarding.

Since OYOP I was able to see grief from a much more objective perspective and I experience far less personal disturbance. With a greater sense of stability and less personal distractions I found myself procrastinating far less often and was more productive and purposeful in my academic studies."

Noa Van Der Veen, Master Student, Clinical Psychology, Erasmus University Rotterdam

"Dear reader, I am Noa master student of clinical psychology at Erasmus University Rotterdam, with the intention to learn about dealing better with stressful situations and finding a balance between school/work and private life, I signed up for the OYOP training. OYOP has brought me more than I could have imagined in the beginning. For instance, it has helped me change my perspective on exams and deadlines in a way that I can let them be what they are. This ensures that I am not dragged into hopeless self-doubt which improves concentration while studying. In addition, it helped me to base my self-confidence not on my school results but on the person I am.

In terms of my private life, I ran into a social situation. A group of friends where I didn't feel fully seen and felt I was left out. This did a lot to me and I didn't know how to deal with it. OYOP and Ashley's coaching helped to let go of all the preconceptions and expectations you can make for yourself. Allowing you to approach the people around you with the beautiful and lovable self that you are, even the people you have previously experienced some difficulties with. I often talk about OYOP with family and friends and recommend this training to everyone! It will definitely surprise you and give you peace of mind in multiple areas of life."

**Clara Englund,
Master Student,
Erasmus University
Rotterdam**

“Just changing the way I think about things on my to do list from ‘needing’ to do those things to ‘wanting’ to has made things much easier and less stressful”

**Franziska Paul,
Master Student,
Erasmus University
Rotterdam**

“I’ve made a lot of progress separating private life and uni life. If uni life didn’t go well it used to affect me, even in the evenings I would feel bad about myself. But now I am able to make a separation and uni life no longer effects my happiness.”

**Daniela
Seifriedsberger,
Master Student,
Erasmus University
Rotterdam**

“OYOP has greatly improved my life by teaching me to analyse situations before judging, understand my behaviour, and continuously work towards becoming the best version of myself. I really benefitted from the regular practices throughout the course, the ongoing support and the personalised guidance from Ashley which has continued even after the course has ended.”

**Maria Francesca
Burger, Master
Student, Erasmus
University
Rotterdam**

“I think for me, the most eye-opening insight was that right and wrong thinking are usually not the best way to think. In general, I learned that the way I think, has mostly unconsciously developed. There are very rare occasions where I would have questioned my way of thinking, even though it is based on random experiences that lead to such a thinking pattern. Actively taking charge of the way how I think, was not easy, and I am still learning a lot. Interpretations of my thinking are my responsibility, and it’s time to take charge of that consciously.”

**Anonymous,
Master Student,
Erasmus University
Rotterdam**

“Dear reader, OYOP has helped me take control of my mind and live a more anxiety-free life. Initially, I would stress out over little things, whether that is in my personal life or whether it relates to my academic/professional life. I can now distinguish between these rushed thoughts, which are not my reality. OYOP has taught me to leave those thoughts behind and be more productive. I can now also differentiate between academic success or failure, and who I am as a person. My failures don’t define me anymore. Thank you, Ashley, for the personal sessions, I truly appreciate the time and effort you invested in me, to help me understand these things even better.”

COACHING QUOTES

Bohdana, Bachelor Student, Brighton University

“Ever since I left Ukraine at 16, I have felt very unsettled in my life. Starting university only increased my self-doubt, particularly in my academic abilities. However, since meeting Ashley and receiving coaching, my life has changed significantly as I started learning how to silence negative thoughts in my mind and prevent academic achievement from defining who I am. I realized that it is perfectly okay to be myself and I began to feel happier.

I have come to understand that the future holds countless opportunities for growth and excitement and I had the privilege of meeting incredible people who have added much meaning to my life.”

Laura, PhD Student

“I had engaged in self-harming behaviour and had low self-esteem for several years. Having done six talking therapy sessions helped me become more aware of and engage with my emotions but, despite alleviating them, did not end my self-harming tendencies.

During several coaching sessions with Ashley, I managed to truly put in the past experiences that belonged to the past, I learned to decouple my self-esteem from my performance, and to develop a more grounded assessment of situations.

Gradually, I found myself less and less “needing” to engage in self-harming behaviour and my self-esteem is stabilising. I am also taking the OYOP group programme, and am enjoying the process of building the best version of myself.”

Krish, Medical Student

“I've found the OYOP coaching quite helpful in identifying negative attitudes or ways of thinking that only reduce my performance and mood. Before I started I was having large motivational issues and it was affecting my productivity greatly - I wasn't able to attend class, clinical placements, or other crucial sessions to my development. In addition to this I was also experiencing panic attacks at an increasing frequency. However, after going through just 2 sessions with Ashley, I've found readjustment of my thinking (facilitated by Ashley) to be incredibly helpful. This has allowed me to pick up my motivation, deal with any physical or mental issues I may face (such as my panic

attacks), and be more aware of my thinking patterns as I move into adulthood.”

Marian Adjei-Boateng, Master Student, Erasmus University Rotterdam

“Good morning Ashley, how are you? I just wanted to say thank you again for the personal sessions we had. I no longer find myself panicing over situations I have no control over. That’s a very big game changer for me. Have a nice day.”

Janae Renten, Master Student, Erasmus University Rotterdam

“Dear Ashley, I want to express my gratitude for our talk. I feel empowered with this new awareness, and feel like I can approach social issues in a way that I do not produce suffering within myself and others. Thank you, Janae.”

Khatarina Striehl, Master Student, Erasmus University Rotterdam

“The feeling is somewhat new since I had more pressure before our conversations. Now I wasn’t sure how I would feel back at Uni around my friends and about the workload. But everything is going well and I felt happy to see my friends and go to class. You helped me a lot with decreasing pressure.”



