

**Becoming**  **Ukraine**



### Питання для перевірки

- 1 Чому важливо ставити перед собою амбітні цілі?
- 2 Як можна ставити амбітні цілі?
- 3 Чого ви зараз раді досягти?

### Ніколи не здавайся

BecomingX Foundation

СТАВЛЕННЯ

### Говорять факти:

- Стаєте цілі зі змістом
- Візуалізуєте процес

Дослідження свідчать про те, що прагнення до довгострокової мети, яка має для вас значення, підвищує ймовірність того, що ви будете наполегливі й досянете її.

Візуалізація того, як ви працюєте над метою та досягаєте її, також може підвищити ймовірність успіху.

### Що ви дізналися про амбіції від Роджера?





### Побудова нових стосунків

BecomingX Foundation

НАВИЧКИ Координатор зв'язків

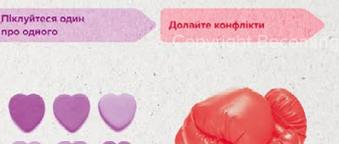
### Практичне заняття Зйомки фільму



### Підтримка друзів на все життя:

Піклуйтесь один про одного

Допикуйте конфлікти



### Якби ви знали, що протягом всього життя вас буде супроводжувати успіх, чим би ви займались?



### Вдалий комунікатор

НАВИЧКИ СТАВЛЕННЯ

Людина, яка вміє слухати, структурувати повідомлення та передавати інформацію за допомогою письмових, усних і невербальних



# Empowering Ukrainians with the skills to succeed

BecomingX Ukraine is a free online learning platform, in Ukrainian, to help Ukrainians build the skills and confidence to succeed - focusing on digital skills, employability and personal development.

The platform has been developed by BecomingX and BecomingX Foundation (co-founded by UNITED24 ambassador Bear Grylls), and is supporting UNITED24's education programme and DIIA Education, the online education programme of Ukraine.

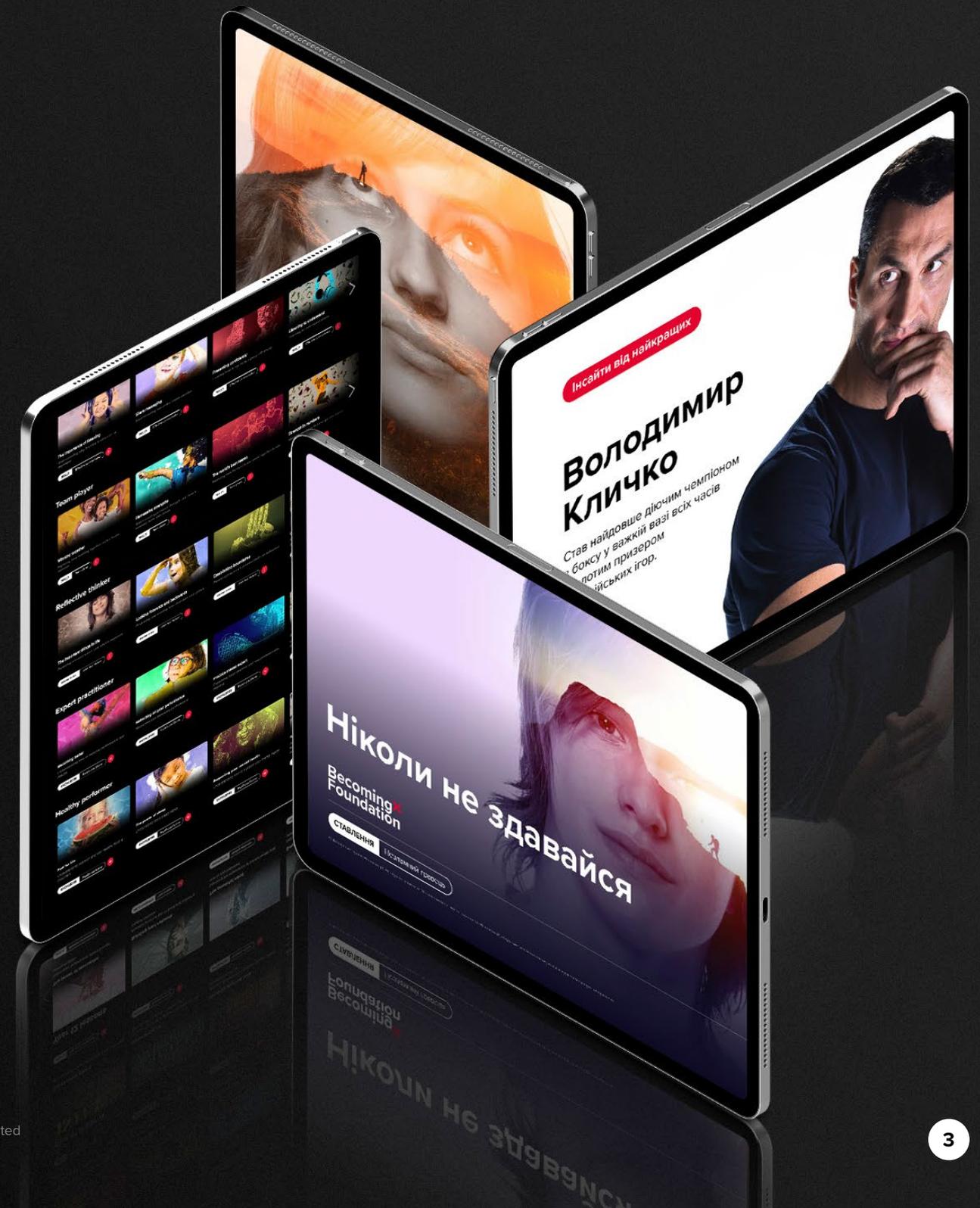
Digital skills and employability content have been developed in collaboration with Accenture and Amazon, and feature Ukrainian case studies.

# Imagine

BecomingX Ukraine includes fully interactive self-learning modules for adults on digital skills and employability, with supporting films, case studies and quizzes. Digital certificates support CVs and job applications.

For younger learners, there is a 'ready-to-play' library of personal development lessons for parents and educators, with accompanying support materials. Based on BecomingX's research on high performance, lessons are introduced by Bear Grylls in Ukrainian, using leading Kyiv based AI voice cloning company, 'Respeecher'.

The platform also includes a cinema of inspirational films with the world's most inspiring and iconic people (captioned in Ukrainian), a collection of curated online experiences, and free resources for schools and adults from partners including Century Intelligent Learning, Britannica Digital Learning, Babbu, Amazon Web Services, ITSkills4U and Da Vinci.





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**Never doubt that you  
have the potential to achieve  
extraordinary things.**

**Bear Grylls**  
BecomingX Co-founder

# Core elements

## Self-study learning modules

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Highly interactive learning opportunities for adult learners, with topics including digital businesses, artificial intelligence, blockchain, and succeeding in the workplace.

## Lessons library

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A library of personal development lessons with accompanying lesson plans for teachers and parents to use with students, focused on the skills needed to succeed.

## Cinema

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Films with some of the most inspiring and iconic people in the world, sharing their insights on what it takes to succeed.

## Free Resources

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A collection of resources for both adult learners and schools provided by our partners, including online training from Amazon, digital content from Da Vinci, and access to the Babbu early years app, the Century online learning platform and Britannica's digital schools library.

## Experiences

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A curated selection of virtual experiences from around the world, to encourage curiosity and exploration, which are free and accessible at any time

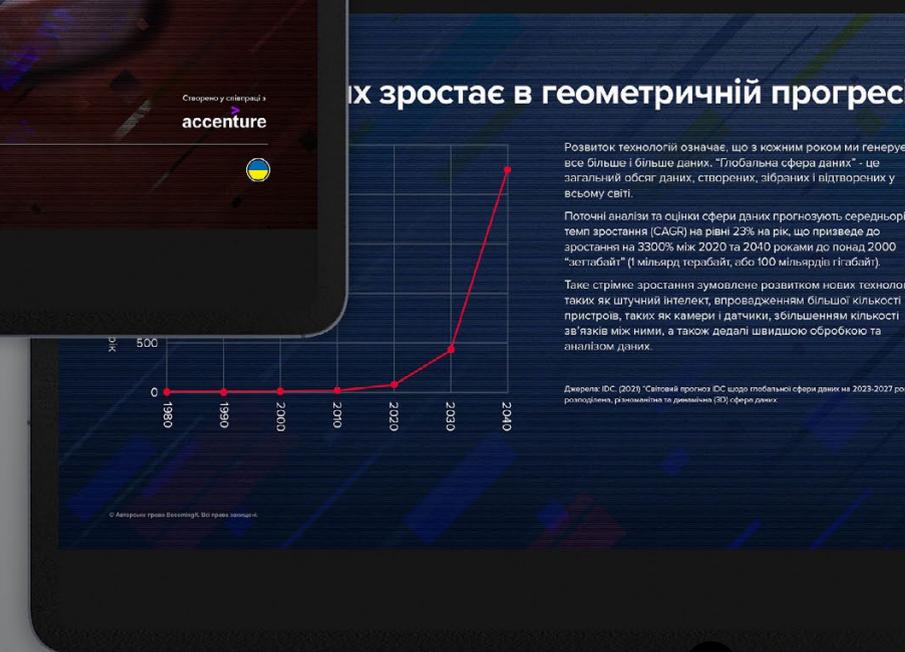
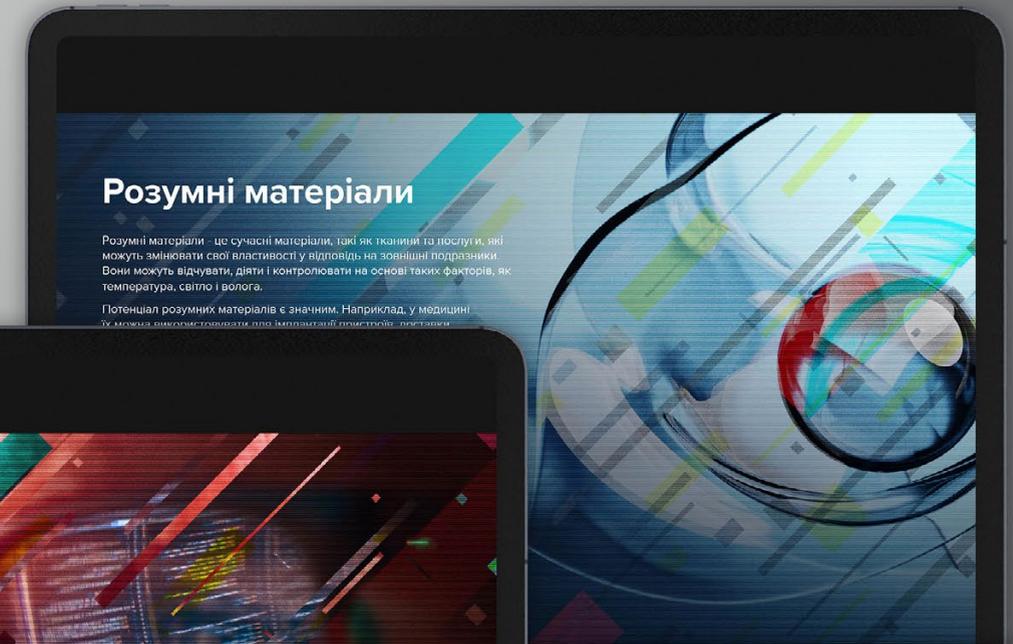
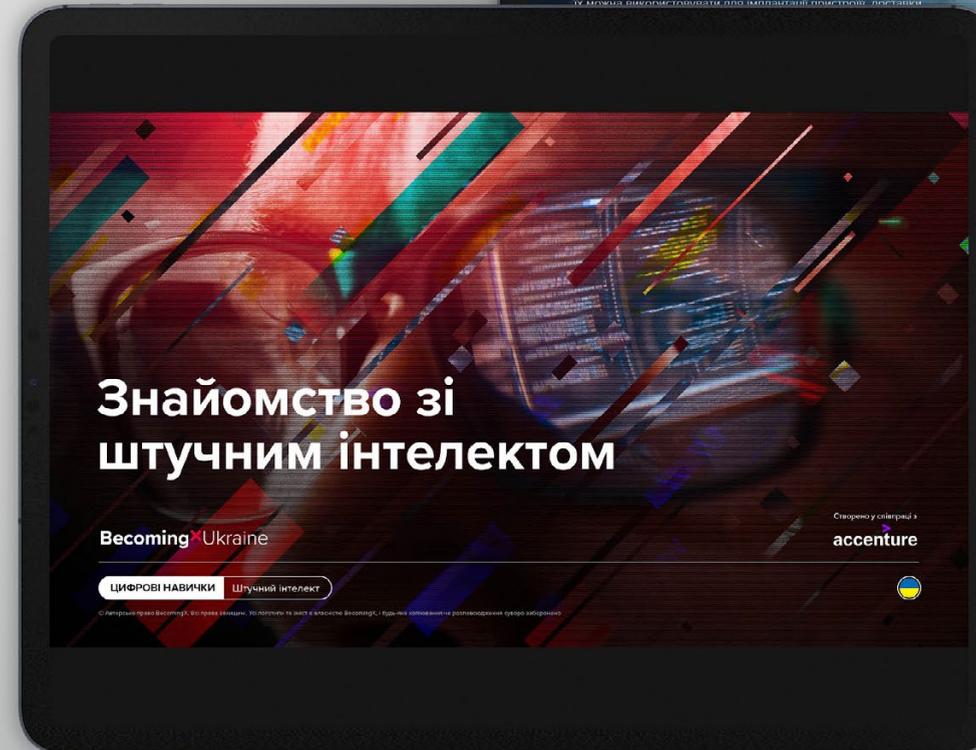
# Digital skills

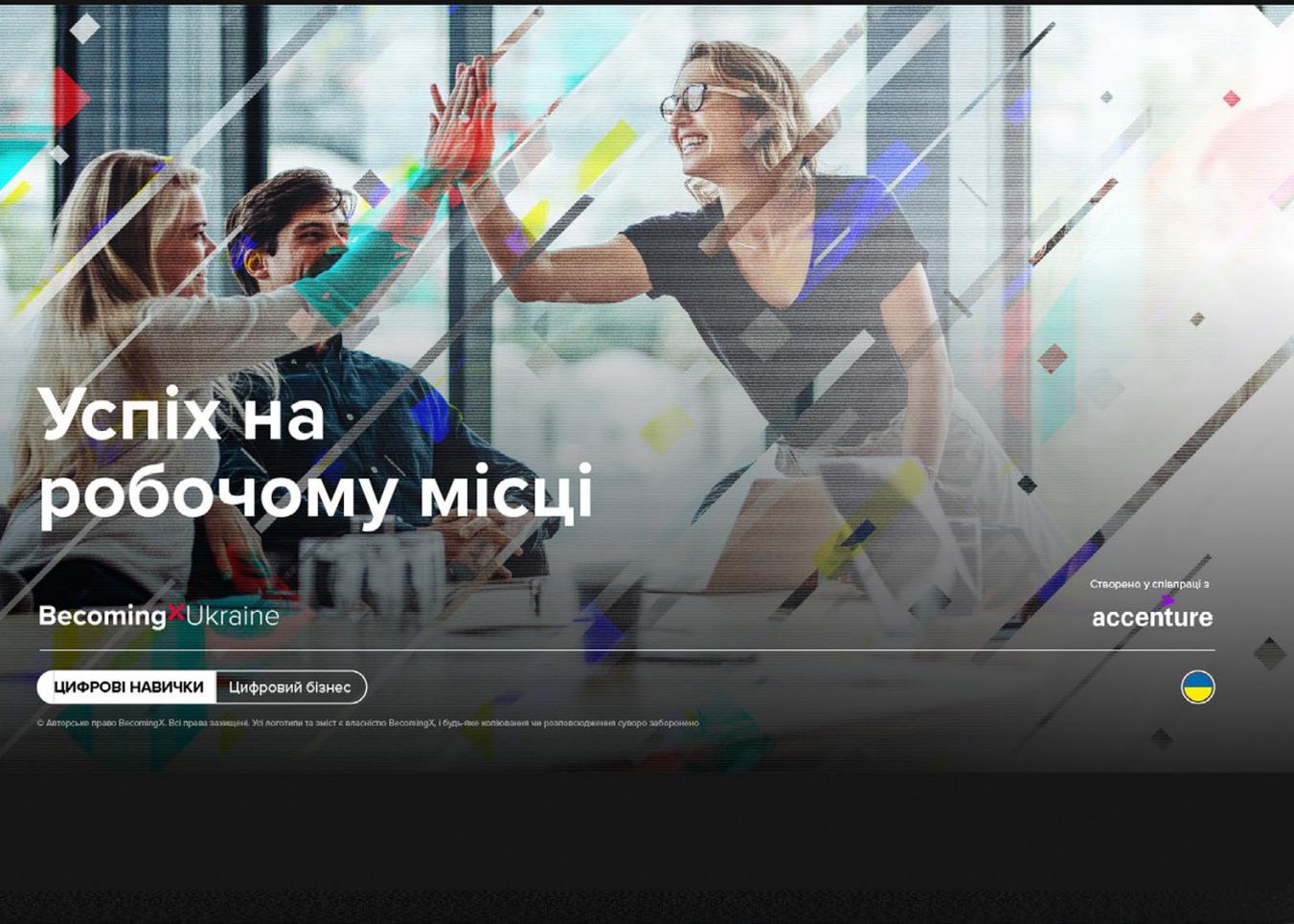
Our self-study online courses are short, accessible, highly interactive learning opportunities for adults. We currently have two courses available, Digital Skills, and Employability.

The Digital Skills course includes modules on digital businesses, artificial intelligence, and technologies shaping the future. They will help you become confident in explaining what digital businesses are, and equip you with fundamental knowledge about how digital technologies are changing the world of work.

Modules are made up of a mix of explanatory videos, slides, and quizzes. Wherever possible, videos are in Ukrainian, or have Ukrainian subtitles. Case studies focus on Ukrainian companies and startups.

Completing all of the modules for a course will generate a downloadable certificate and an online badge, which can be used on LinkedIn to demonstrate completion of the course.





# Employability

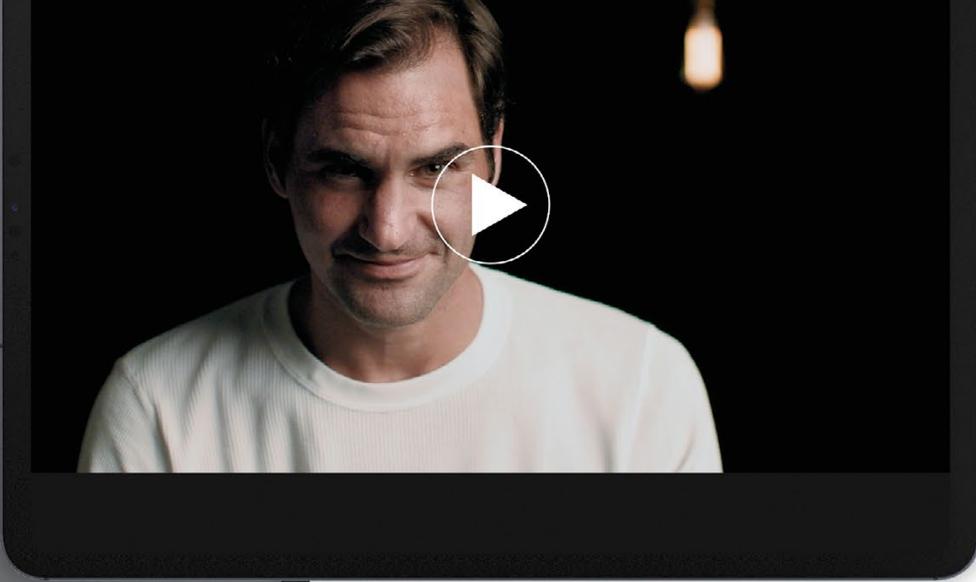
In the Employability course you'll explore different career choices to help you achieve professional fulfilment. Through various activities, you'll reflect on your strengths and develop the attitudes and skills to thrive in the workplace. You'll assess and develop your core skills to increase your appeal to employers.

Some knowledge will be provided about career theory to help you understand what factors influence your decisions and make them easier for you. Learners will hear from others about their experiences and create an action plan to guide your steps forward.



**Insights from some of the world's most inspiring and iconic people**

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### Щоб використати силу відпочинку, вам потрібно:

- Прагніть до 8+ годин сну**  
Щонайменше 8 годин безперервного сну необхідно щоночі для здоров'я тіла та розуму
- Використовуйте поради щодо сну**  
Уникайте екранів і кофеїну вночі, дотримуйтесь розкладу, спробуйте фоновий шум
- Відпочивайте під час неспання**  
Відпочинок під час неспання допомагає нашому мозку обробляти емоції
- Висловіть свої занепокоєння**  
Намагайтеся писати, малювати або говорити про все, що може вас хвилювати
- Зосередьтеся на балансі**  
Прагніть до здорового балансу між активністю та відпочинком

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## Відпочинок і відновлення

**Becoming X Foundation**

ЗНАЙМАЙТЕСЯ | Підвищення IQ | Творчість | Спорт

# Lessons library

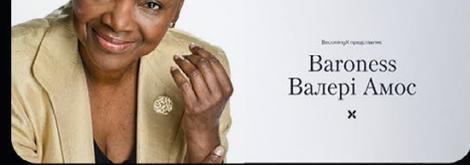
BecomingX Ukraine features a personal development library for use by parents and teachers, focused on the skills, knowledge, attitudes and relationships that we know students need to succeed. With 24 ready-to-play lessons designed specifically for Ukrainian children, teachers have access to unique content at the touch of a button.

Each lesson is presented by Bear Grylls in Ukrainian, using a cloned voice technology created by talented Kyiv-based company, Respeecher.

Featuring insights from some of the world's highest performers and engaging activities, many of which have been designed and developed with Ukrainian people and companies.



Фредерік Віллем де Клерк



Baroness Валері Амос



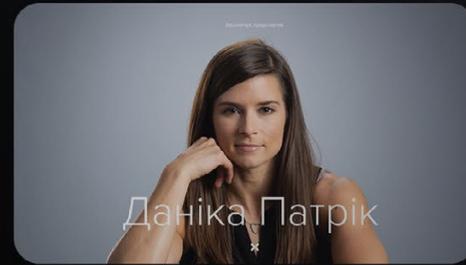
Стивен Фрейн



Д А М  
АНИ ШАРЛІ



Р О Д Ж Р  
Ф Е Д Е Р Е Р

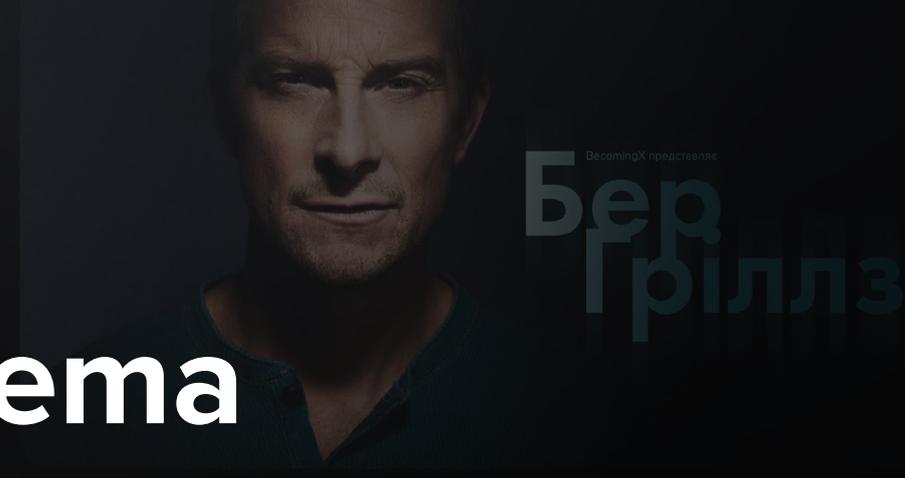


Даніка Патрік



Джулі Робертс

# Cinema



Бер Гріллс



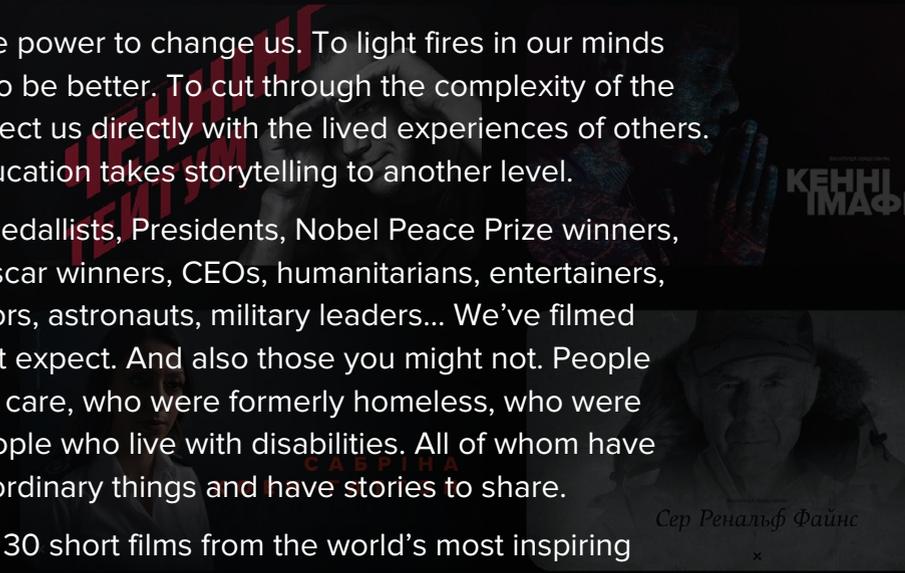
ДЖЕЙМС БРЕТТ



Джошуа Кумбс



ВОЛОДИМИР КЛИЧКО



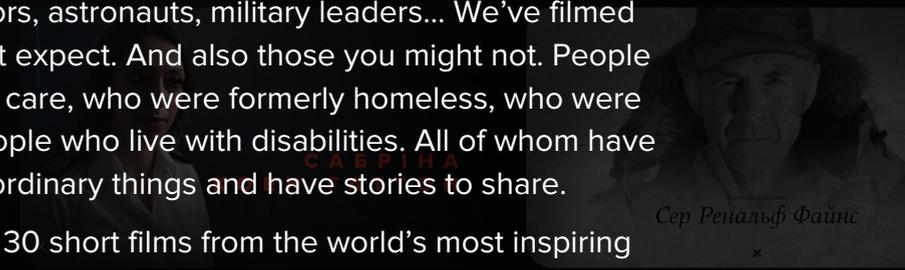
КЕНДЖІ ІМАФУКУ



МАРК ОРМРОД



НАЙДЖЕЛ  
ВАРДІ



Сер Ренальф Файнс



КОРТНІ  
КОКС



УРСУЛА БЕРНС



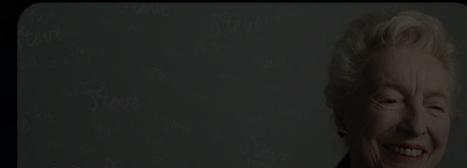
ВІКТОРІЯ ПЕНДЛТОН



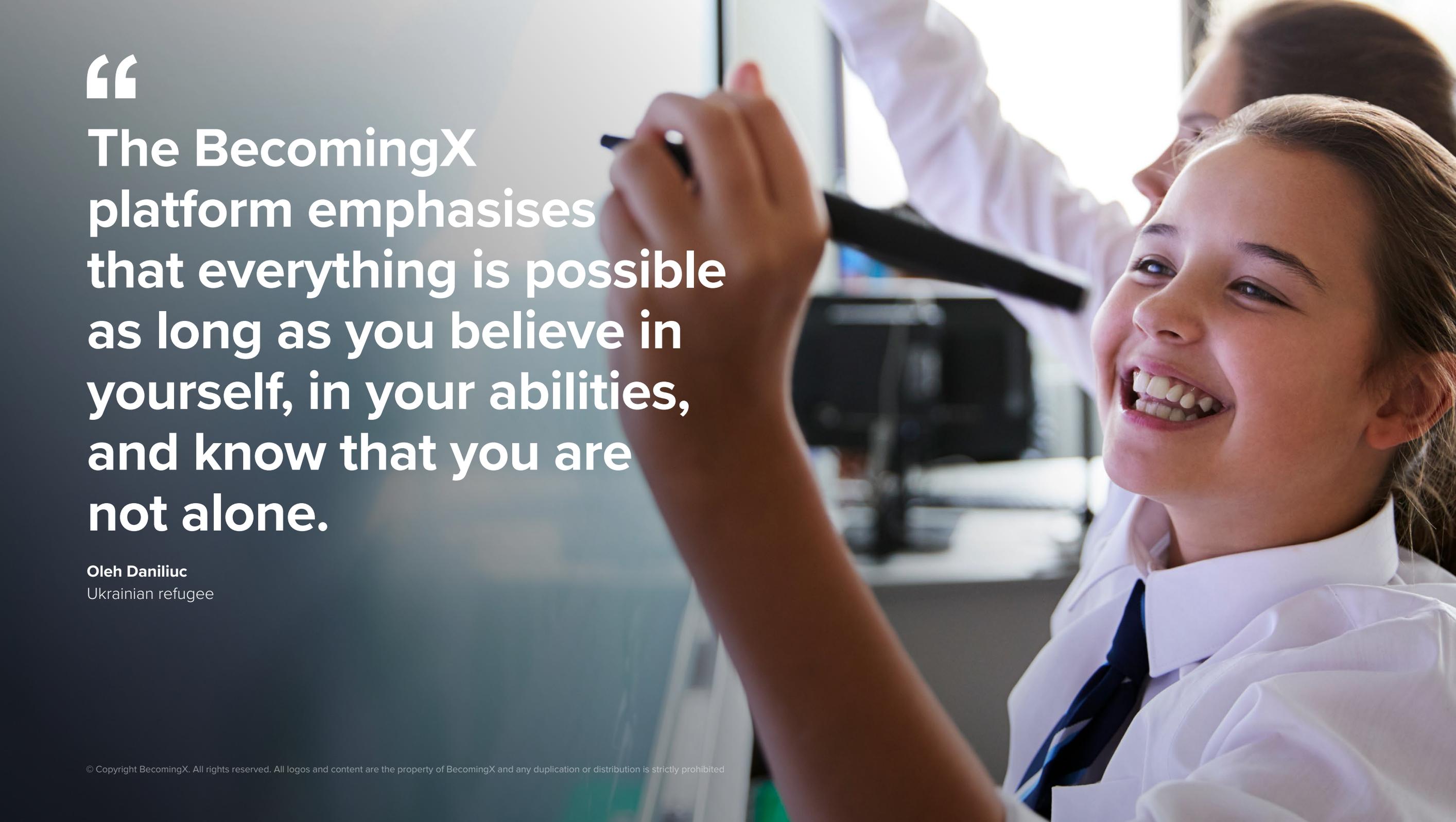
АНДРІЯ ЗАЦЯТСКА



Кейт Річардсон-Волш



РОБЕРТ ЛЕНДЖЕР

A young girl in a school uniform is smiling and pointing at a whiteboard in a classroom. She is wearing a white shirt and a dark tie. The background shows a classroom setting with a whiteboard and other students.

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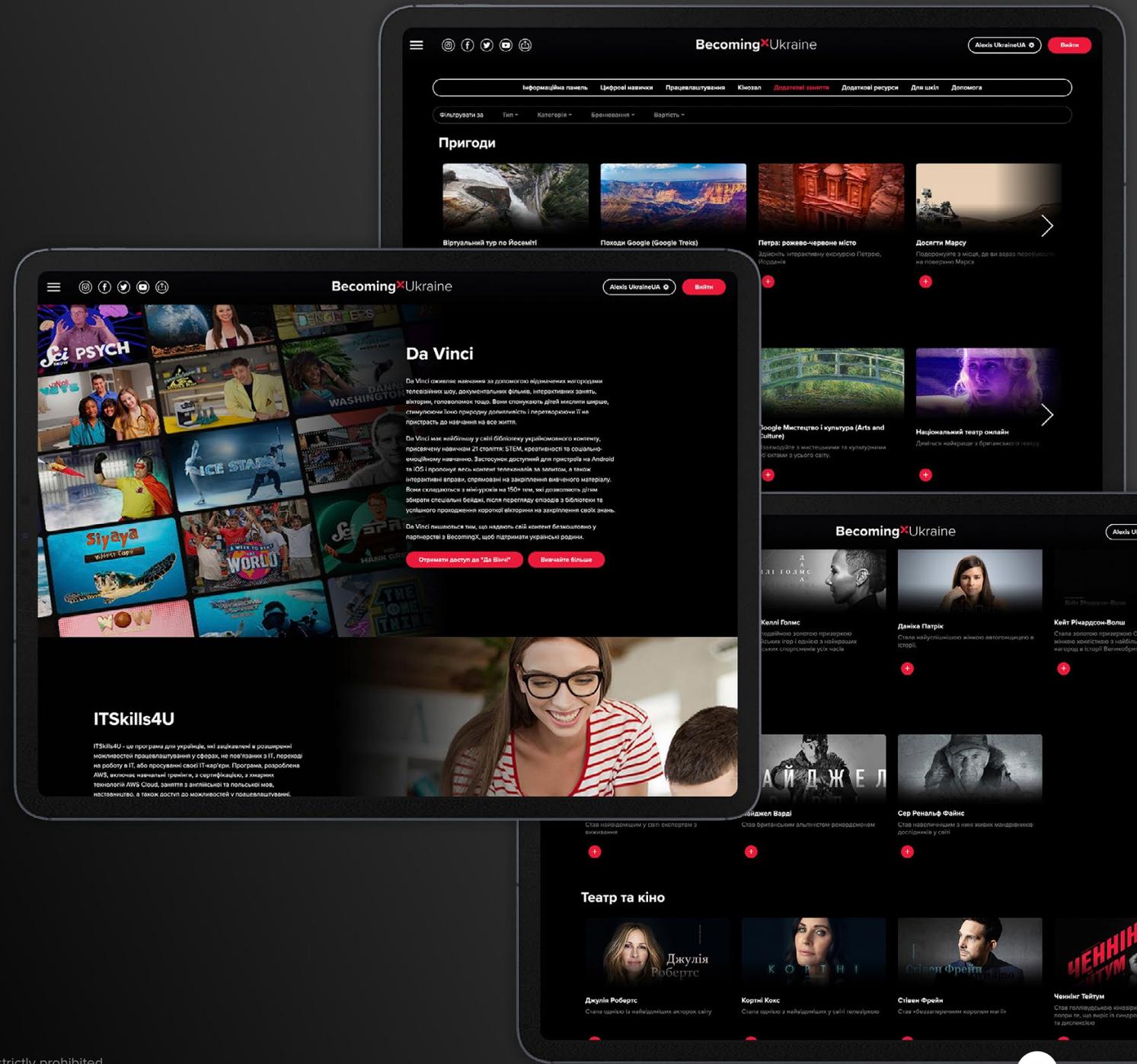
**The BecomingX platform emphasises that everything is possible as long as you believe in yourself, in your abilities, and know that you are not alone.**

**Oleh Daniliuc**  
Ukrainian refugee

# Free resources and experiences

Discover a selection of valuable free resources offered to Ukrainian learners and schools by our trusted partners. Discover self-paced online training opportunities from Amazon Web Services and ITSkills4U, empowering you to expand your skill set and knowledge base. Access complimentary digital content libraries from Da Vinci and Britannica Digital Learning. Explore the Babbu app for early learners, or dive into the innovative Century.tech learning platform.

The BecomingX Ukraine platform also includes a handpicked collection of virtual experiences from across the globe, all absolutely free and accessible at your convenience. Explore diverse cultures, uncover hidden gems, and embark on virtual journeys, inspiring curiosity in learners of any age.



A young man with glasses and a young woman, both wearing blue suits, are sitting at a desk. The woman is leaning over the desk, smiling and looking at a notebook. The man is sitting next to her, also smiling and looking at the notebook. They appear to be studying together in a classroom or office setting.

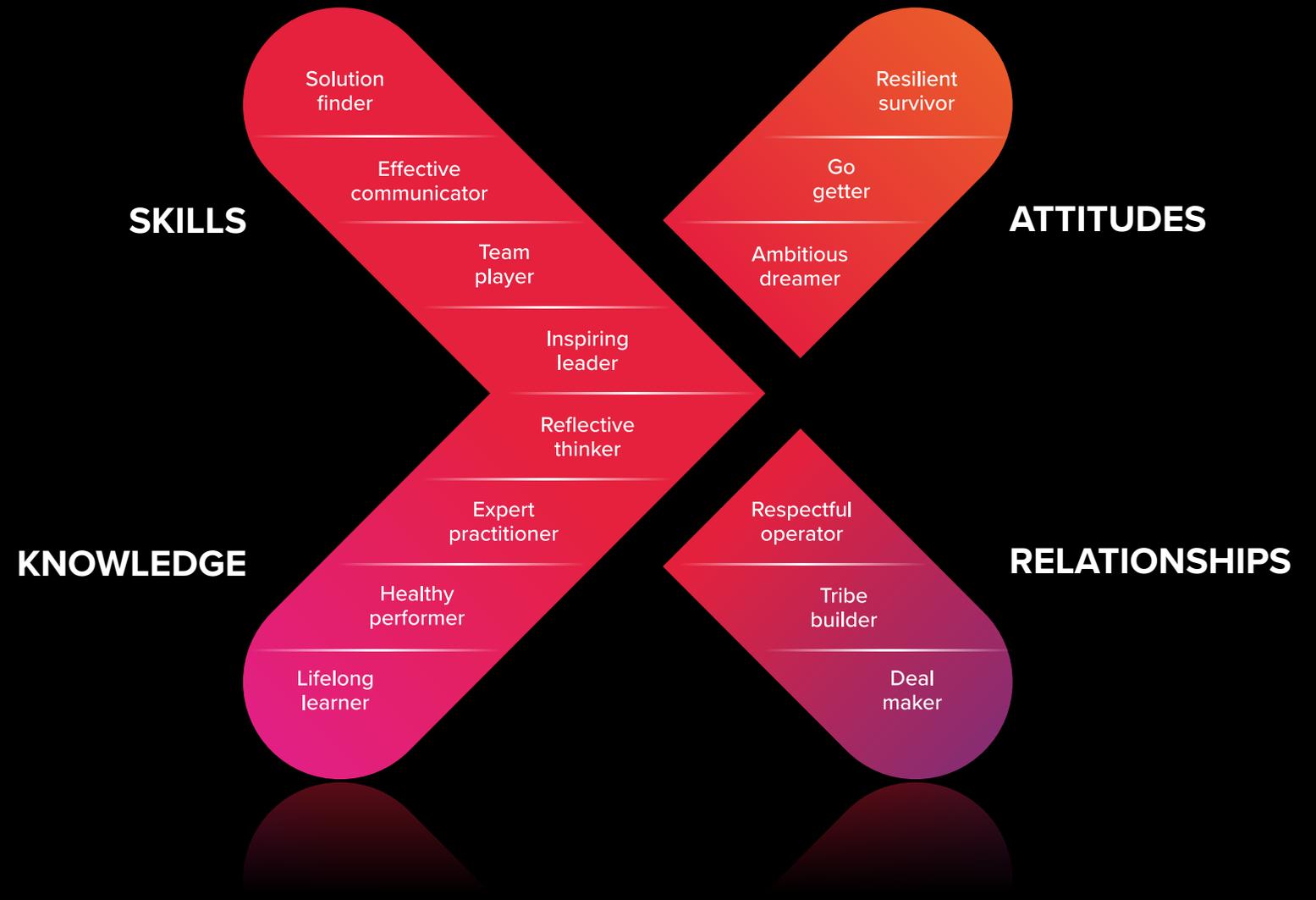
**“  
Becoming X Ukraine” is a  
platform that encourages  
and inspires people to try  
something new and different  
right now.**

**Tymofii Vereshchagin**  
Ukrainian refugee

# Science of success

We know what it takes to succeed. And we don't say that lightly. It's taken years of research. Alongside our in-depth interviews with the world's highest performers, we constantly review the latest research on human performance. BecomingX Ukraine is underpinned by a wealth of academic research covering topics such as social and cognitive psychology, neuroscience, management studies, team dynamics, experimental and behavioural economics, judgement and decision-making, health and biology, philosophy, and wellbeing research.

BecomingX Ukraine uses our 'X-model' of high performance to structure all of our content. It's clear, concise and memorable. We have the evidence and stories to back up every element, helping students to learn what it really takes to succeed.



# Supporters

accenture

amazon

Dia Education

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● ● L  
DESIGN

reSPEECHER

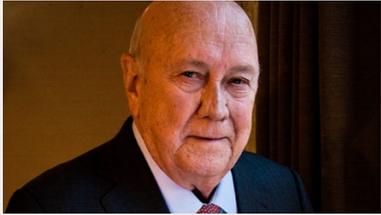
 Save the Children

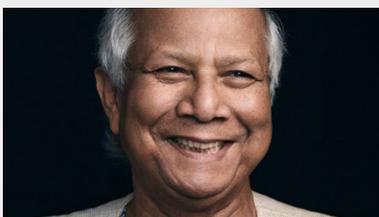
T V L A B

UNITED24

# BecomingX interviewees

	<p><b>Baroness Valerie Amos</b> Became the most senior black woman in the UK government and leader of the House of Lords</p>		<p><b>Frances Arnold</b> Became a Professor of chemical engineering and a Nobel Laurette winner</p>		<p><b>Professor Sue Black</b> Became a leading technologist, academic and award-winning campaigner</p>
	<p><b>Ian Bremmer</b> Became the world's most prominent political scientist</p>		<p><b>James Brett</b> Became the CEO of a social enterprise after being homeless and in prison</p>		<p><b>Ursula Burns</b> Became the first black female CEO of a Fortune 500 company</p>
	<p><b>Tim Campbell</b> Became the first winner of The Apprentice</p>		<p><b>Sabrina Cohen-Hatton</b> Became the UK's most senior firefighter after living on the streets as a teenager</p>		<p><b>Joshua Coombes</b> Became the founder of the #DoSomethingForNothing campaign</p>
	<p><b>Courteney Cox</b> Became one of TV's biggest stars</p>		<p><b>Roger Federer</b> Became one of the greatest tennis players of all time</p>		<p><b>Dwayne Fields</b> Became a polar adventurer and Scouts Ambassador</p>

	<p><b>Sir Ranulph Fiennes</b> Became the world's greatest living explorer</p>		<p><b>Steven Frayne</b> Became 'the undisputed king of magic'</p>		<p><b>Bear Grylls</b> Became the world's most famous adventurer</p>
	<p><b>Maddie Hinch</b> Became 'the best hockey goalkeeper in the world' and an Olympic gold medallist</p>		<p><b>Dame Kelly Holmes</b> Became a double Olympic gold medallist</p>		<p><b>Kenny Imafidon</b> Became an award winning student after going to jail for murder</p>
	<p><b>Lt. Colonel Chris Keeble</b> Became a famous military leader and led battle of Goose Green</p>		<p><b>F. W. de Klerk</b> Became the South African President and a Nobel peace prize winner</p>		<p><b>Wladimir Klitschko</b> Became the longest reigning heavyweight champion of all time</p>
	<p><b>Bob Langer</b> Became a pioneering bioengineer and winner of the Queen Elizabeth Prize for Engineering</p>		<p><b>Nanxi Liu</b> Became the CEO of two companies, a concert pianist and an EMMY award-winning producer</p>		<p><b>Mark Ormrod</b> Became a four-times Invictus gold medallist after losing three limbs in Afghanistan</p>
	<p><b>Sarah Outen</b> Became a record breaking adventurer and solo powered around the world</p>		<p><b>Danica Patrick</b> Became the world's most successful female racing car driver</p>		<p><b>Tim Peake</b> Became the UK's most famous astronaut</p>

	<p><b>Victoria Pendleton</b> Became a double Olympic gold medallist cyclist</p>		<p><b>Kate Richardson-Walsh</b> Became the England Hockey captain and an Olympic gold medallist</p>		<p><b>Helen Richardson-Walsh</b> Became England Hockey vice-captain and an Olympic gold medallist</p>
	<p><b>Julia Roberts</b> Became an Oscar winning actor and film icon</p>		<p><b>Andrii Shevchenko</b> Became one of the world's great footballers and winner of the coveted Ballon d'Or trophy</p>		<p><b>Dame Stephanie Shirley</b> Became a groundbreaking technology entrepreneur and philanthropist</p>
	<p><b>Gareth Southgate</b> Became an England football player and later the manager</p>		<p><b>Elina Svitolina</b> Became Ukraine's top female tennis player and one of the highest ranking players in the world</p>		<p><b>Channing Tatum</b> Became a Hollywood star after growing up with ADD and dyslexia</p>
	<p><b>Nigel Vardy</b> Became a record breaking mountaineer after losing all his fingers and toes from frostbite</p>		<p><b>Professor Muhammad Yunus</b> Became a Nobel peace prize winner</p>		<p><b>Andrea Zafirakou</b> Became the world's best teacher</p>



**Get in touch**

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**Becoming**  **Ukraine**