

NatWest Thrive Sessions

With Hannah Lowther

Find us on TikTok
#NatWestThrive



NatWest

Session Sheet 1

Hannah

About Hannah Lowther

Hi! I'm collaborating with Marcus Rashford on NatWest Thrive, to help young people like you, create the future they want. I've teamed up with the amazing, Toke, my NatWest Thrive Rising Star, to help you develop a positive mindset, make money your friend and set yourself up for success

I know all about chasing dreams. I trained in Musical Theatre and then covid hit. So I took a job in Tesco. But I didn't let my dream die. I just kept dancing in the aisles and sharing videos on TikTok. And a new career snowballed from there. I got a role in Millennials Musical and Heathers in the West End, it's literally been a dream come true.



Steps to success

“If you ever feel your hopes and dreams are unachievable at the moment, focus on your words and I am sure you’ll continue to thrive.” Hannah Lowther.

Want to inspire yourself? Try this activity. It's all about the power of words, intentions and dance moves! Adding dance moves to your affirmations, can bring them to life and connect you in a different way to your potential and dreams. And it's really fun too!

Step 1:

What's your big dream? Have a think. It could be anything, training to be a physio, going to acting school, starting your own business or becoming a lawyer like Toke (and Elle Woods!).

Step 2:

Think of four characteristics or personality traits you'll need to make your dream possible. Toke's were passion, determination, resilience and strength. But you might come up with others. Confidence? Self-belief? Hard work?

Step 3:

Now this is the fun part! Come up with a dance move that expresses each of your words. You could even put it to music. Channel the feeling you want to embody. Have fun and go for it!

No dream happens overnight. So stay true to your passions, practice wherever you can and don't give up!



**NatWest
Thrive**

With Marcus Rashford

Session Sheet 2

Hannah

About Hannah Lowther

Hi! I'm collaborating with Marcus Rashford on NatWest Thrive, to help young people like you, create the future they want. I've teamed up with the amazing, Toke, my NatWest Thrive Rising Star, to help you develop a positive mindset, make money your friend and set yourself up for success

I know all about chasing dreams. I trained in Musical Theatre and then covid hit. So I took a job in Tesco. But I didn't let my dream die. I just kept dancing in the aisles and sharing videos on TikTok. And a new career snowballed from there. I got a role in Millennials Musical and Heathers in the West End, it's literally been a dream come true.



Yes And ...

“It's not always the traditional route that helps you achieve your dreams. I channelled my passion into my supermarket job and learnt so many skills, I will take with me throughout life.” Hannah Lowther

No experience is ever a waste of time. All pit stops can teach you something, help you grow and give you skills that could take you closer to your dreams. To flip a negative into a positive, try this. It's easier than you think.

Step 1:

Think about a few times in your life when things were tough, didn't go your way, or when you failed at something you wanted really badly.

Step 2:

Now write down, YES, it was a really tough time AND it taught me/ or I learned/ I discovered. Fill in the lessons you took from this experience, good and bad.

For example YES, not getting the exam grade I wanted was tough, AND it taught me how to find a way to revise that worked for me; YES, not getting the part in the school play upset me, AND I learned what it takes to be a great understudy etc.

Step 3:

Take a moment or two, to look at your list and change how you think about failure. Failure can be your friend. Take it, use it to inspire you and learn from it.



**NatWest
Thrive**

With Marcus Rashford

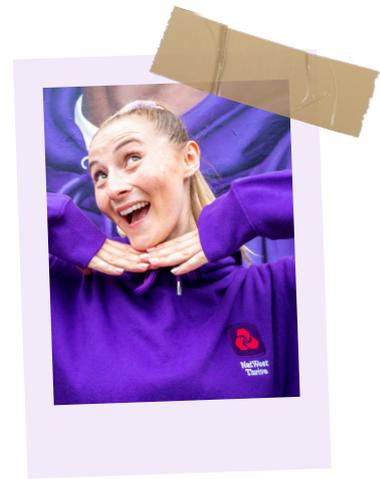
Session Sheet 3

Hannah

About Hannah Lowther

Hi! I'm collaborating with Marcus Rashford on NatWest Thrive, to help young people like you, create the future they want. I've teamed up with the amazing, Toke, my NatWest Thrive Rising Star, to help you develop a positive mindset, make money your friend and set yourself up for success

I know all about chasing dreams. I trained in Musical Theatre and then covid hit. So I took a job in Tesco. But I didn't let my dream die. I just kept dancing in the aisles and sharing videos on TikTok. And a new career snowballed from there. I got a role in Millennials Musical and Heathers in the West End, it's literally been a dream come true.



What do you value?

“As young people with big dreams, it's super important we have a clear understanding of money and the value of things, especially with the sharp increase in living costs.”

Hannah Lowther

Knowing how much things cost is important. It can help you budget, it can also help you work out what matters to you and how best to spend your time, energy and money. Let's go!

Step 1:

You have a budget of £1000. Here's a list of a few things you might want: A holiday, a new iPhone, set of new acrylics, a pair of crocs, a vanilla latte, return bus ticket, private singing lessons, two theatre tickets. What would you splash out on? And what would you skip so you could afford something else?

Step 2:

What about if we add some other things in; more time, pursuing your passions, learning a new skill, taking your family out to dinner. Would you change your initial budget? Are there some things you value more than others?

Step 3:

Have a look at your list and take some time to reflect on what really matters to you. This can help you work out the best way to spend your time, money and energy so that it matches up with your values and priorities.



**NatWest
Thrive**

With Marcus Rashford