



LIGHTS ON



Lights On[®] Learning

The 1-3-5 Formula to Spark
A Family's Love of Learning

By **Julia Black**



THE WORLD HAS CHANGED...

The way parents lead their families through their educational careers must also change.

In today's rapidly evolving world, we believe true success goes beyond academic achievement or financial wealth. It's about personal fulfillment, pursuing passions with purpose, and mental wellbeing.

As their most influential role models, parents play a crucial role in shaping their children's levels of engagement, educational experience and chances of fulfilment. This report provides key insights and strategies for parents to close the gap between traditional 'outside-in' education and 'inside-out' passion-led learning.

As a practical guide, we introduce Lights On® Learning to show parents how to re-energise their family's potential using our 1-3-5 Formula:

- 1 metric to track internal mental, emotional and energetic states
- 3 core components to light up a family's neurocircuitry
- 5 key dimensions to ensure a continuous journey of growth and development.

A family who uses this formula will enjoy inner and outer success that is entirely compatible with their mental wellbeing and sets them on an inspirational path to their highest potential.

For parents ready to close the gap between the 'old school' traditional model, and a more heart-led, intuitive education, this report is written, with love, for you. ❤️



Julia Black

Creator of Lights On® Learning

THE WORLD IS DIFFERENT, YOUR EDUCATION STRATEGY NEEDS TO BE DIFFERENT

Traditional education that prioritises rote learning is less relevant in an era where artificial intelligence (AI) 'inevitably becomes a billion times smarter than we are'.^[1] To prepare our children for the future, we need to unleash their full creative potential and Human Intelligence (HI). Experts like Mo Gawdat, the former Chief Business Officer at Google X, have warned about the existential threat posed by AI, if we don't.

Meanwhile, we face a global learning crisis that is widening the learning poverty gap between the 'cans and the cannots'. The World Bank reports 53% of children age 10 struggle to understand a simple text.^[2] Widespread disengagement is revealed by a Yale study that reported nearly 75% of U.S. high school students feel negative feelings towards school.^[3] The mental health of our children is also at stake and in the UK, one in six children aged five to 16 lives with a mental health problem.^[4]

Despite this bleak context there is hope and exciting possibilities for change on the horizon. Science is confirming ancient wisdom that human potential is limitless when we harness the full power of our hearts, minds and bodies together.

As the Creative Economy is set to grow into a half-a-trillion dollar industry by 2027, the time for creativity, emotional intelligence and passion-led learning is more important than ever. Success is now very much an inner game.

For our part, as a global community of Lights On® Families, we envision an education system where everyone flourishes and mental health issues are no longer a problem in our homes, schools and communities. It's time to create learning environments that prioritise mental wellbeing to allow human potential to be fully expressed. For this, we need everyone - families, communities, and educators - to come together.

[1] <https://www.youtube.com/watch?v=bk-nQ7HF6k4>

[2] <https://www.worldbank.org/en/topic/education/publication/state-of-global-learning-poverty>

[3] <https://news.yale.edu/2020/01/30/national-survey-students-feelings-about-high-school-are-mostly-negative>

[4] <https://www.youngminds.org.uk/about-us/media-centre/mental-health-statistics/>

Parents are a major part of the solution!

Parents are not just bystanders in their children's education – they are their first teachers and biggest role models. The attitudes and values parents have towards learning can greatly influence their children's academic success and mental wellbeing.

Most parents understand the importance of developing a positive mindset and investing in relevant skillsets. But there's another essential element that often gets overlooked – the Heartset. When anyone learns with their heart engaged they shift away from being passive consumers of other people's knowledge and become creators of original content. This sense of purpose and autonomy leads to intrinsic motivation. Being passionate about what they're learning, they aim for extraordinary outcomes and experience the love, joy and reward of learning beyond their edges. When parents integrate their family's curiosities, passions and strengths into everyday learning, they supercharge their potential.

Case Study – From Rockbottom To Award Winning Young Entrepreneur In Less Than A Year

Meet Lisa, a single mom, whose 12-year-old son James was struggling academically and mentally. Feeling helpless and desperate for a solution, Lisa turned to Lights On® Learning.

When they joined our programme, James was failing at school and had lost all self-belief, thinking he was 'stupid'. Through our programme, we guided Lisa and James to tap into his Heartset, strengthen his Mindset, and expand his relevant Skillset. We discovered that James was a natural entrepreneur and focused on nurturing that opportunity. In less than one academic year, the transformation was astounding. James had become an award-winning, celebrity-endorsed young entrepreneur, appearing on local and national media. He raised over £1K for his local children's hospital through his Home Eddie business.



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'If anyone really wants to know the power of Lights On Learning...here it is! My son was rock bottom this time last year, absolutely broken. To see him now, confident, comfortable in his own skin and loving life is amazing. How did he get there? Through the amazingly effective Lights On programme...it works! James is living proof.'

This transformation was led by Lisa, a single parent with no prior experience in education. She proved that with the right tools and guidance, parents, just like her, can help their children reach their full potential, even in the face of academic struggles and mental health issues.

Three Essential Tools For Learning

To support this heart-fueled, Lights On® Learning journey we recommend three main tools.

Draft Critique

Helping children move beyond their first draft encourages them to refine their work and autograph it with excellence. This iterative process provides them with tangible evidence of their growth and creates a positive feedback loop to fuel their potential as seen here in 6 year old Oscar's drafts of the impossible triangle.



Reflection

Regular self-reflection ensures children process key insights, recognise inner obstacles and integrate their growth. This ensures they take full ownership of their learning, mentally, emotionally and energetically.

Portfolios

A portfolio tells the unfolding story of a child's unique learning process. When combined with drafts and a reflective narrative it creates a compelling account of their potential which can inspire teachers, mentors, future employers and, most importantly, themselves.

Every child has something they are naturally good at, that over time they can become great at. Using this as an inner compass ensures families develop a lasting love of learning that sets them up for a life feeling fulfilled.

Three Growth Opportunities To Supercharge A Family's Potential

Based on our 15 years of experience in the supplementary education market, there are three growth opportunities that open up when a parent introduces a culture of Lights On® Learning in their homes.



I have never been anywhere so inspiring and nurturing - where it is not just 'soft' but there is real no-nonsense coaching and real change happening as well.

RACHEL, LIGHTS ON® MUM OF THREE

GROWTH OPPORTUNITY 1

Energise Learning with Their Heart's Intelligence

When someone learns what they love, they naturally tune into their curiosity and extend beyond the edges of their current abilities. Learning driven by our heart's intelligence isn't a soft option—it's a powerful one. When a child is guided with passion and purpose, they become self-motivated explorers. Now capable of unlocking continual spirals of learning and growth they experience a range of emotions, from frustration, anger and fear to happiness, love, joy and peace. These emotions significantly shape their growth.

GROWTH OPPORTUNITY 2

Leverage The Full Range Of Emotions for Growth

Learning to feel strong emotions and use them intentionally will enable a family to set an energetic tone for success. Emotions aren't just reactions—they are signals that enhance and extend the learning experience. High vibe emotions, such as love, joy and gratitude, can spark creativity and enhance skill development. On the other hand, low vibe emotions, like frustration, anger and fear, can fuel mindset growth. By recognizing and harnessing the full range of emotions, children can improve their cognitive skills, memory, executive function and self-regulation.

GROWTH OPPORTUNITY 3

Use Negative Thought Patterns To Accelerate Learning

Negative thought patterns create a glass ceiling on human potential. Shining a spotlight on these automated neural networks reveals the hidden potential behind the limiting beliefs. Learning to use an effective rewiring technique supercharges a family's personal growth and puts them on a path to mastery. A family of conscious learners knows how to use their brains' neuroplasticity to learn and elevate their success through heart-brain coherence.

When these growth opportunities are integrated into educational strategy they will supplement and enrich a family's school or home education and place mental wellbeing centre-stage of an ordinary child's extraordinary success. Learning in this way is like having a superpower. We call this approach Lights On® Learning. For families looking to supplement and enhance their children's school or home education, it is a gamechanger.

HOW WE CREATE LIGHTS ON® FAMILIES

Leading Edge Approach

The essence of Lights On® Learning is not traditional instruction. Rather it is the creation of a learning environment that fosters a family's natural curiosity and love for learning. A parent will not be teaching specific academic content but focusing on their family embracing challenges as exciting opportunities rather than stressful obligations. Our aim is that parents know exactly how to make learning a joyful, Lights On experience for all.

Educators inside our parent community, like Paula Taylor-Williams, a former Headteacher, affirm our training is 'based on cutting-edge educational practice, the neuroscience of teaching and learning, and research on mental well-being'. This combination sets it apart and ensures its effectiveness in transforming family learning. Quite simply when families engage more deeply with learning, mental wellbeing and academic achievement improves.



It's opening up conversation and giving us a common language. Using the tracker is in itself a connection tool. We sit together and chat about the last 24 hours. Getting ready for school has been noticeably easier afterwards.

RUTH, A LIGHTS ON® MUM OF TWO

Transforming Families **From The Inside Out**

Lights On® Learning is our unique educational philosophy that uses our 1-3-5 formula to supercharge a family's neurocircuitry and spark their love of learning.

1 METRIC

3 KEY ELEMENTS

5 DIMENSIONS

1 metric to flick the switch

Our Lights On® Metric is simple to use, easily understood by children as young as 4 years old, and enables a family to track their internal mental, emotional and energetic states. When a family become conscious learners they create from the inside-out and play an inner game of success.



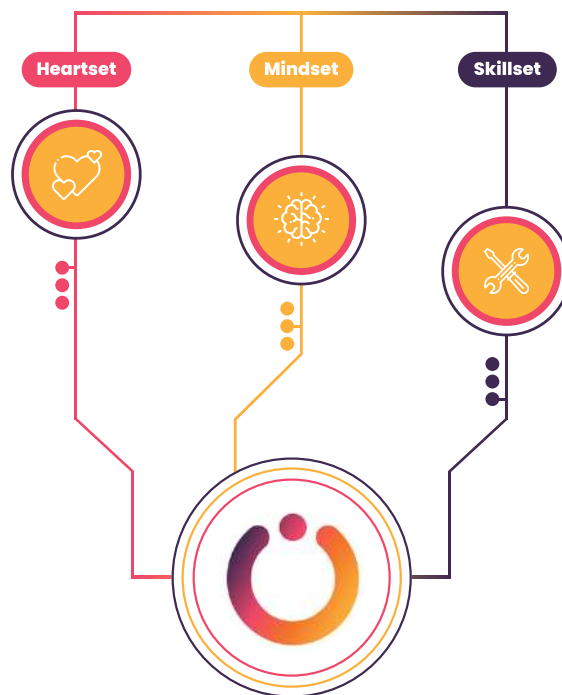
What makes Lights On® Learners stand out is their ability to transform Lights Off thoughts, emotions and energy from survival to growth mode. When parents become aware of how to use both Lights On and Lights Off Potentials they open the doors to unprecedented growth.

A child who is Lights On can learn in any learning environment. A child who is Lights Off, on the other hand, can't learn in even the most creative of educational settings. So this is our starting point for all Lights On® Families, mastering their inner world to create the future reality they desire. Using our Lights On® Metric as a recalibration tool allows for real-time growth.

3 COMPONENTS to supercharge learning

The 3 key components to light up a family's neurocircuitry are: Heartset, Mindset, and Skillset. When connected and used together these components create a harmonious rhythm of creation, growth and recharging that leads to exponential growth.

Lights On[®] Neurocircuitry



HEARTSET

This refers to the emotional drive that fuels a child's enthusiasm and engagement in learning. Think of it as an internal power source fuelled by their curiosities, passions and purpose.



MINDSET

This is the mental framework that enables transformative thinking to shape how a child approaches challenges, perceives their abilities, and aims for success.



SKILLSET

These are the practical skills and abilities your child develops through action. It's where ideas become tangible outcomes and dreams turn into reality.

5 DIMENSIONS for exponential growth

The 5 in our formula refers to our LEARN model which uses five core dimensions to guide a family's transformation from passive consumers to inspiring creators. Lights On® Learning isn't linear, so accelerated and exponential potential can become the norm. Families who follow this success path ignite a lifelong love for learning and enjoy continuous growth throughout their lifetime.



Lights On

Harness potential of your Lights On and Lights Off states.



Explore

Light up your neurocircuitry using your natural born talents, strengths, and curiosities.



Activate

Align your heartset, mindset, and skillset with the sweetspot of learning.



Rewire

Wire in neural circuits that compound your success.



Navigate

Move through your inner obstacles to reach your next level growth.

Parents leading whole family transformation

The principles of Lights On® Learning—nurturing curiosity, developing a growth mindset, and aligning Heartset, Mindset, and Skillset—apply to learners of all ages. So this really is a whole family adventure. We work directly with the parent to become an inspiring leader that guides their family's learning adventure. Using our tools, techniques, strategies and roadmap they have a simple step-by-step transformative experience which as Rudi, a Lights On® father of two, put it provides a 'pathway that leads to heaven'!



I've started to see that Lights On and Lights Off as two ends of a spectrum. Neither is 'better than the other'. Travelling between the two is where our real creativity is expressed. We must travel with trust between Lights On and Lights Off, guided by our hearts, to feel truly alive.

**SARAH, A LIGHTS ON®
MUM OF TWO**

Case study - From Fearful To Unstoppable In Under Six Months

Six-year-old Bryony was becoming scared to write to the point of physical sickness, dodging school and exhibiting anxiety. Once her mother, Nicky, joined our online programme and implemented the LEARN model, Bryony's transformation was exceptional.

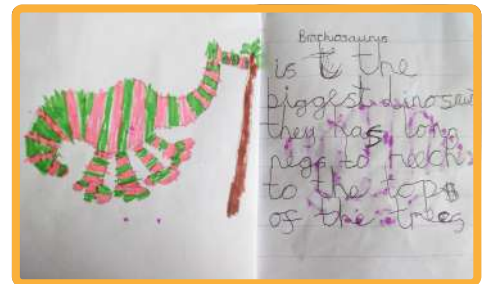
Lights On

We found what 'switched on' Bryony's lights was communicating her love for dinosaurs. We encouraged Nicky to foster Bryony's exploration of these passions, igniting her heartset and enthusiasm for learning.



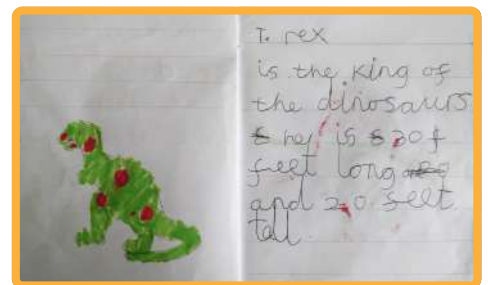
Explore

Bryony engaged with her curiosity of dinosaurs and began sharing her knowledge in home-made books with drawings and a few sentences.



Activate

With her confidence restored, she began to activate her writing skills. Conversations around Bryony's anxiety revealed her fear: 'I'm no good at writing.' We gave her the choice to either write ten words with no time limit or write as much as she could in ten minutes. This was to give her ownership and she chose to write ten words, no time limit.



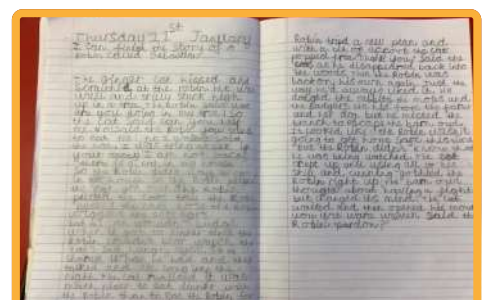
Rewire

She completed her task and we took this opportunity to rewire her success. By reflecting and celebrating her achievement, Bryony internalised in fact she was capable of writing and with practice, it could become easier.



Navigate

Bryony started setting her own goals, taking full ownership of her learning journey.



Bryony's transformation in just six months was astounding. She overcame her anxiety to write, gained confidence to set her own goals and the development in her handwriting skills was remarkable. It is clear from this tangible evidence that this is a child who feels completely different about herself and her ability to write.

This incredible shift was led by her mother, powered by the LEARN process, aligning Bryony's Heartset, Mindset and Skillset, and sparking a love for learning.

Stand Out Learners

As you can see our Lights On® Learners stand out from the crowd. They are confident, self-led learners with plenty of tangible evidence of their true capabilities. They have a deep understanding of what learning is and how they learn best. They take full ownership, set their sights high and choose to become great at something over time. As Rachel, one of our Lights On® Mothers of three noted, Lights On Learning offers 'no-nonsense coaching and real change' so the results speak for themselves. This helps to gain the support from more skeptical family members or in-laws!

Supplementing Traditional Education

Transitioning away from the traditional educational model can feel overwhelming and daunting. We've designed Lights On® Learning to supplement and enhance traditional education, rather than conflict with it. When parents create a supportive, growth-oriented environment at home they facilitate their child's academic performance at school or within their home education. The skills, habits and mindsets developed through our 1-3-5 formula are universally beneficial and can be applied across all areas of life, not just academics.

Time Investment

The time commitment can vary, from as little as two hours a week upwards, but what's more important than the time spent is the quality of the learning environment a parent creates. Even small but consistent efforts can lead to substantial changes. As Sarah Nykoruk, an educator, Podcaster and Master Neurocoach shares, 'Julia's expertise is outstanding. Lights On® is so simple to implement.' You don't need to be an expert in education to use our methods effectively—you just need to follow our clear, straightforward formula. It's as simple as 1-3-5!

NEXT STEPS

We're on a mission to collaborate with 10 million families to use our 1-3-5 Lights On® formula for success, by 2025. Interested in being one of them? Then take these simple steps:

Step 1: Discover your current status as a Lights On® Parent by taking our scorecard – <https://lightsonparents.scoreapp.com>

Step 2: Join our Lights On® Universe to use our 1-3-5 formula and learn and grow with families committed to learning at their highest level.

Step 3: Take a deep breath, feel the healthy mix of excitement and fear, and let the adventure begin!

Contact us at teamlightson@explorium.co.uk if you want help deciding whether becoming a Lights On® Family is right for you

With Lights On® Learning, we are not merely turning on a switch to learning; we're sparking a revolution to reignite the joy, curiosity, and intrinsic motivation that makes learning a fulfilling adventure. ***Are you ready to join us?***

Remember you aren't just supporting their education—you're shaping their future.

Don't just witness your child's transformation, lead it.

Old School Learning

Linear Progression: Follows a step-by-step academic path: Grades > College > Job.

Perpetual Doing: Encourages constant activity over reflective 'being'.

Just-in-case Learning: Focuses on broad, general knowledge without immediate relevance or application. Outside-in learning.

Content Consumers: Absorbing existing knowledge rather than generating fresh ideas.

Competitive Advantage: Prioritises individual success, causing exclusivity and a scarcity mindset.

Lights On[®] Learning

Exponential Progression: Aligns individual interests—Passion > Portfolio > Purpose—to fuel continual growth.

Balanced Being and Doing: Promotes becoming conscious learners who take intentional inspired action.

Just-in-Time Learning: Prioritises relevant, immediately applicable learning. Inside-out learning.

Content Creators: Encourages innovation, fresh ideas and original work.

Collaborative Advantage: Cultivates team learning, promoting inclusivity and an abundance mindset.

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