



Jon Boekelmann-Evans

Course Outline

1 hr - 1.5 hrs
Content will vary with length of course

Be Your Best on the Day for 6th Formers

Controlling powerful emotions like anxiety and being as resilient as possible to life's challenges are vital skills for young people to learn. Jon's amazingly useful course, loved by many top schools and now in its eighth year, will help set your 6th Formers on the path to future emotional stability, happiness and success

Introduction and Context

The importance of Emotional Health, of personal development and knowing how to 'Be Your Best on the Day' both in and outside of school

Aims of the course, managing expectations and reassuring pupils that feeling anxious before big life events is normal and how it can be helpful

Resilience: Six Simple Things

What resilience is and why nobody should be concerned that they don't have enough of it. Plus, six easy but fundamental steps you can take to boost the resilience you already have

Can 'Resilience' be taught like History or Maths? Some basic techniques can help but all humans are super-resilient - it's built in - but we have to create the environment in which our resilience can grow

UPDATED

Emotionally Meaningful Goals and Mindset

Being emotionally connected to your life goals creates a powerful force for dealing with setbacks and adversity. Couple this to a Mindset that helps you stay focused on the positive elements of your life and who knows what's possible!

Learn an easy process for harnessing the power of your 'WHY' by setting and achieving goals that are emotionally meaningful. We get what we focus on.

NEW

PRACTICAL: First Aid for strong emotions

The technique everyone should know - don't let overwhelming emotions get the better of you during exams, interviews, sport, public performances or any situation where you need to be at your best.

Use physiology to control unwanted strong emotions, unlock your logic and intellect, gain perspective and make good decisions. No practice needed - just do it and it works!

Resources and Demands: The nature of life

How to ensure that positive Pressure doesn't become negative Stress

Nature wants us to focus on the threatening and the negative. Learn how to tailor your responses to your needs and thrive under pressure

NEW

PRACTICAL: The posture - mood connection

Why improving your posture is a shortcut to improving your wellbeing, your outlook on life and increasing self-confidence

Change your mood by changing your posture - why this always works.

The Emotional Building Blocks of Life

Why our emotional needs are fundamental to our emotional health, what they are and how to check how well your needs are being met

Understand what motivates all human behaviour and learn how to avoid the negative coping strategies that can compromise your resilience and wellbeing

UPDATED

PRACTICAL: Mental Focus Technique

Widely used by sports professionals and business leaders - instantly relax, regain focus, reduce overwhelm and be at your best

This is the so called 'secret' technique that high achievers and elite sports men and women use to be at their best when it really counts

"Jon's session was absolutely superb...many of the boys have put his techniques into practice and he returns to us in January 2018 for the sixth time!"

Head of Sixth Form and Staff Development, City of London School for Boys