



VALUES:

**ADVENTUROUS
AUTHENTICITY
COMMITMENT
COMPASSION
CONCERN FOR OTHERS
CONSISTENCY
COURAGE
DEPENDABILITY
ENTHUSIASM
FEARLESSNESS
FRIENDLINESS
GOOD HUMOR
HONESTY
HONOR
INDEPENDENCE
INTEGRITY
KINDNESS
LOYALTY
OPEN-MINDEDNESS
OPTIMISM
PERSEVERANCE
PRAGMATISM
POSITIVITY
RELIABILITY
RESPECT**

How to Be Flexible

Adapting our emotions, thoughts and behaviours

1.

Stay back and
stay calm

2.

Shift your
perspective

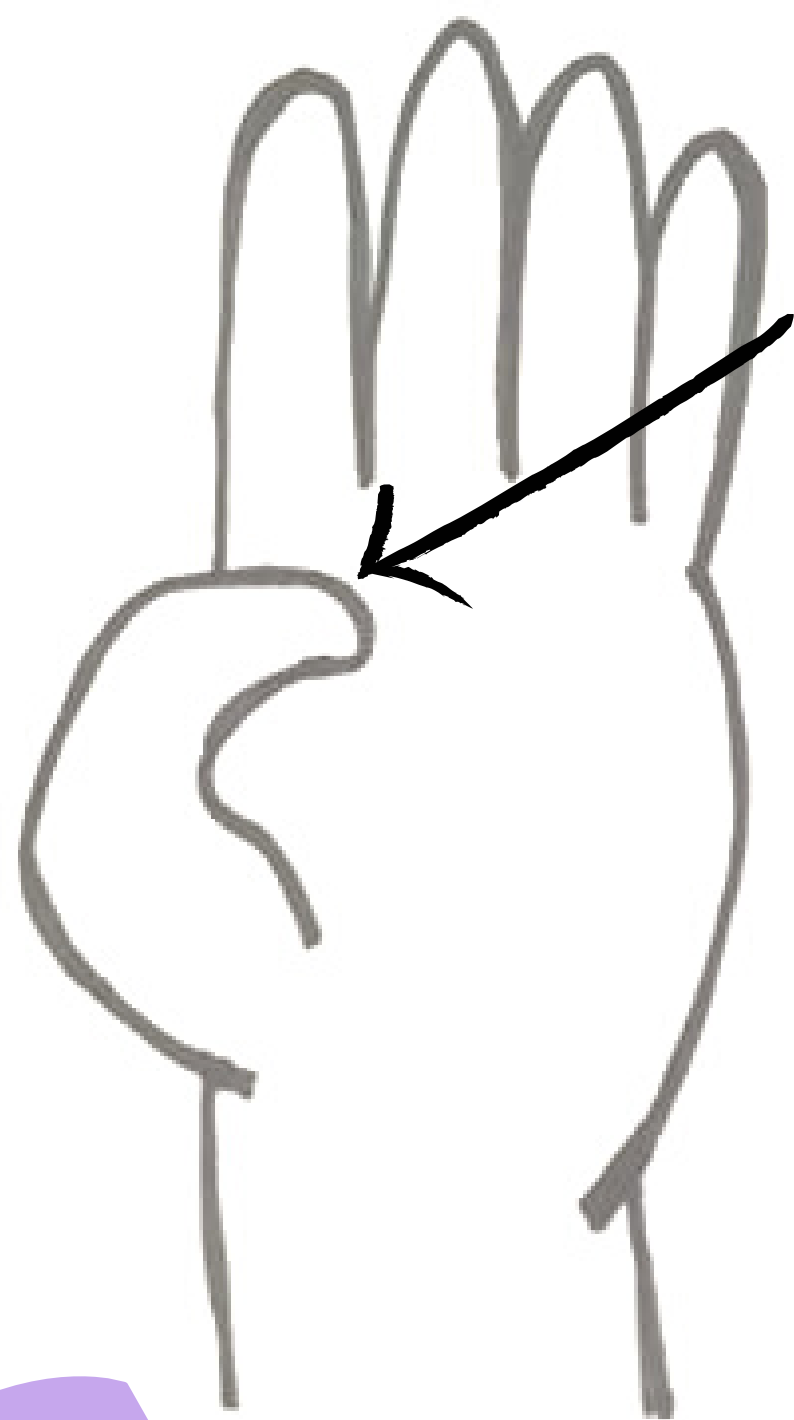
3.

Remember
your values

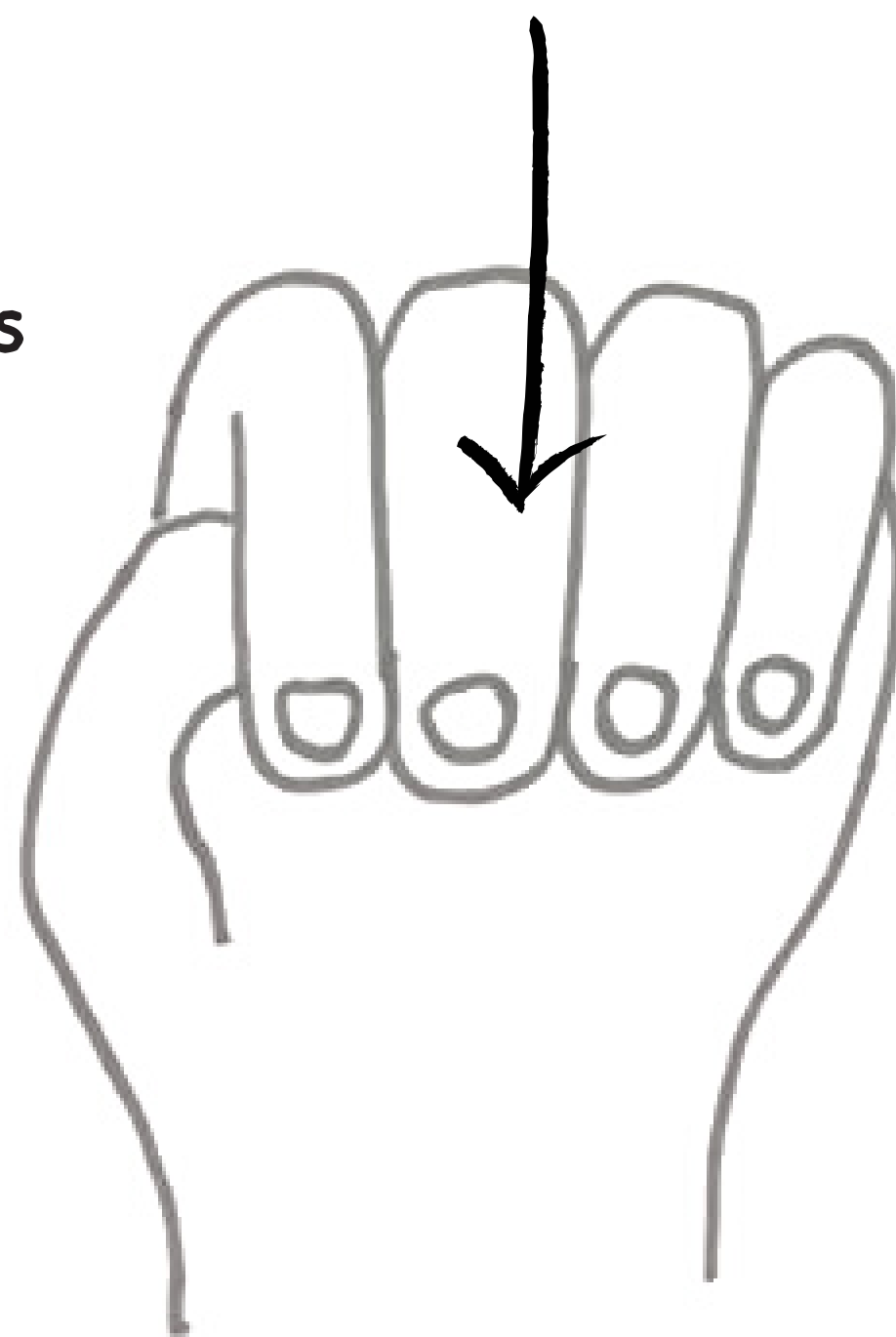
Flexibility helps us stay stress free!

FLIP THE LID ON YOUR BRAIN

The 'WISE LEADER'
AKA the prefrontal cortex



The AMYGDALA
with its BIG emotions
that act on instinct



THINKING BRAIN
Ready to Learn



YELLOW ZONE
Cautious area



FEELING BRAIN
Flipping your lid

CONFLICT RESOLUTION



Brain storming Rules:

- Both people should contribute ideas to solve the problem
- In Brainstorming there are no bad ideas – remember we don't want to start arguing again!
- One or both people may need to apologize
- It's okay to ask for help if you keep falling back into arguing

01 STAY CALM

Use one of the calming techniques

02 FIGURE OUT THE PROBLEM

03 REMIND YOURSELF TO LISTEN

Try to be curious by asking the other person questions.

04 FIND A SOLUTION

Brain storm solutions following the rules

HOW TO SOLVE A PROBLEM

FIRST TAKE A BREATH TO CALM DOWN

A

Ask:

What is the actual problem?
How big is the problem?

Brainstorm:

Come up with ideas for possible solutions

B

C

Choose:

Pick the solution you think is best

Do:


Use the solution to solve the problem

D

E

Evaluate:

Check your results. Did it work? If not try again.



How to show EMPATHY

1. Think about how others may feel

2. Come up with ways to show them
you understand

3. Offer any help you can

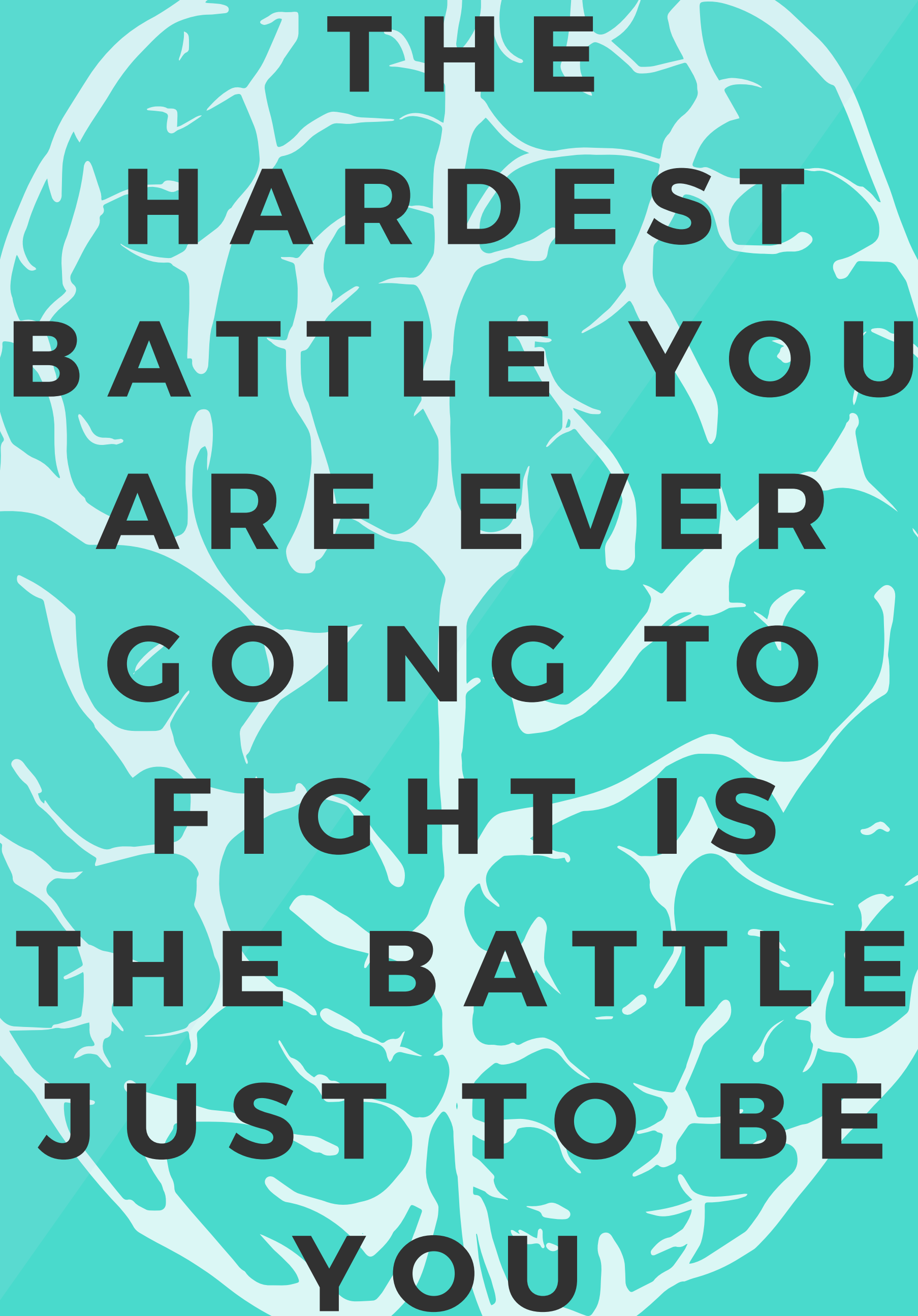
IMPULSE CONTROL

#1 STOP - what you are doing

#2 THINK - about what you are going to say or do

#3 DECIDE - will it make it better or worse?

#4 CHOOSE - the behaviour that will make the situation better!



**THE
HARDEST
BATTLE YOU
ARE EVER
GOING TO
FIGHT IS
THE BATTLE
JUST TO BE
YOU**

We are learning to respect ourselves

#Self-regard



WHAT A MAN CAN
BE, HE MUST BE.

THIS NEED WE
CALL SELF -
ACTUALISATION



ABRAHAM MASLOW



What zone are you feeling today?



Blue Zone

Sad
Tired
Sick
Bored
Feeling slow



Green Zone

Calm
Happy
I'm focused
Feeling okay
In control



Yellow Zone

Excited
Anxious
Nervous
Frustrated
Confused

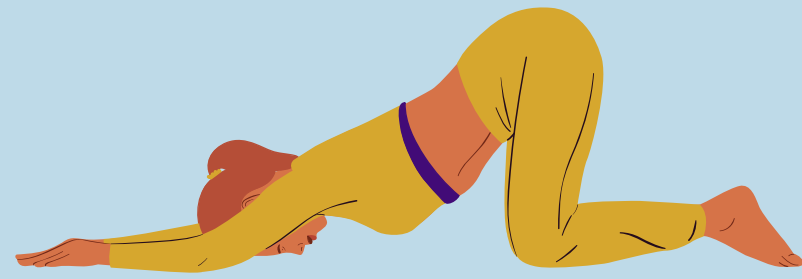


Red Zone

Angry
Scared
Panic
I want to yell
I'm not in control



deep breathes



child pose



Draw

Calming Techniques



blow bubbles



**imagine a
quiet place**



**squeeze a
stress ball**

PASSIVE



ASSERTIVE



AGGRESSIVE



**Afraid to
speak up**

**Speaks
quietly**

**Avoids
looking at
people**

**Speaks
openly**

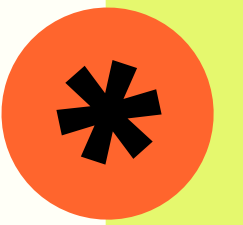
**Speaks in a
relaxed
tone**

**Good eye
contact**

**Interrupts
others**

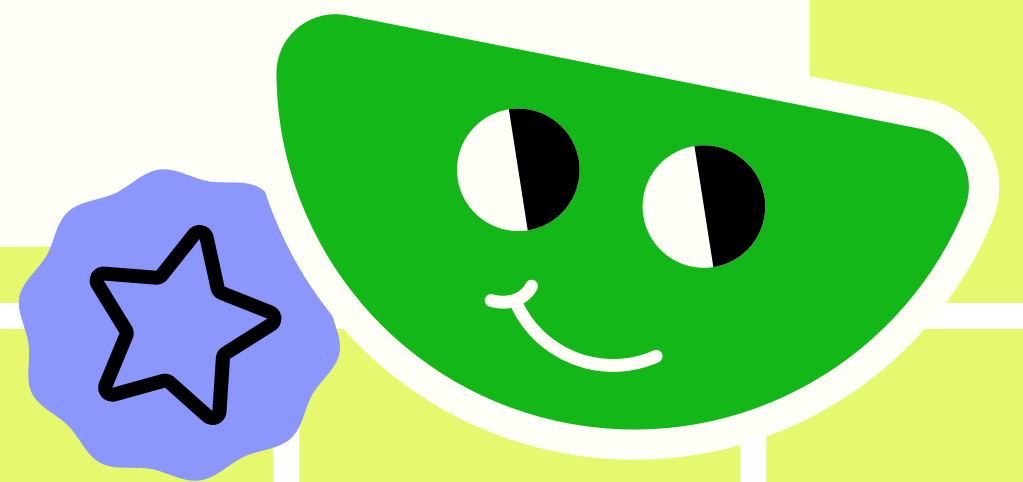
**Speaks
loudly**

**Glares and
stares**



**THE OPTIMIST
SEE'S THE
OPPORTUNITY
IN EVERY
DIFFICULTY**

Winston Churchill



The ones
who are crazy
enough to
think they
can change
the world,
are the ones
who do.

STEVE JOBS