



How much do you

SPARKLE

A graphic of a shooting star with a long, curved tail and several smaller stars trailing behind it, positioned over the word SPARKLE. The shooting star is grey and blue, and the smaller stars are blue. The word SPARKLE is written in a large, blue, serif font.

# Courageous leadership

What does courage mean?

- spirited; (willing to face danger)
- undaunted (resolutely courageous)
- gallant (unflinching in battle or action)
- resolute (firm in purpose or belief; characterized by firmness and determination)
- fearless; (oblivious of dangers or perils or calmly resolute in facing them)
- adventurous (willing to undertake or seeking out new and daring enterprises)
- courage; (a quality of spirit that enables you to face danger or pain without showing fear)
- lionhearted (extraordinarily courageous)

Where do  
you get  
yours  
from?





**When were  
you last  
encouraged ?**

**When did  
you last  
encourage  
someone  
else?**



**When were  
you last  
motivated ?**

**When did  
you last  
motivate  
someone ?**

**When were you  
last inspired?**



**When did you  
last inspire  
someone?**

What do the following words mean

- Values
- Attitudes
- Habits

Mind  
Change

The text 'Mind Change' is displayed in a large, light-colored, sans-serif font. A bright yellow circle is positioned to the right of the word 'Mind', partially overlapping the space between 'Mind' and 'Change'. The background of the slide features a light blue sky with a white sun and a green horizon line.



What are your prime habits and attitudes?

That enable you to be courageous and to encourage others?

# SPARKLE



Watch your thoughts,  
They become words,  
Watch your words,  
They become actions,  
Watch your actions,  
They become habits,  
Watch your habits,  
They become character,  
Watch your character,  
It becomes your destiny

## Downward spiral

### **Failure**

is experienced  
by the learner

### **Motivation**

**falls** as does  
effort.

Work  
deteriorates

### **Criticism**

lack of reinforcement  
occurs, including lack  
of personal  
satisfaction

**Self-belief falls** we  
believe 'I can't do it'.  
Self-confidence & self-  
esteem falls.

## Upward spiral

Success is  
experience by  
the learner

Reinforcement occurs,  
including praise, self-  
praise and praise from  
our friends

Motivation increases  
as does persistence  
and effort - work  
improves!

Self-belief we  
believe 'I can do it'  
and self-esteem  
improves

I can't .....

I can't yet because

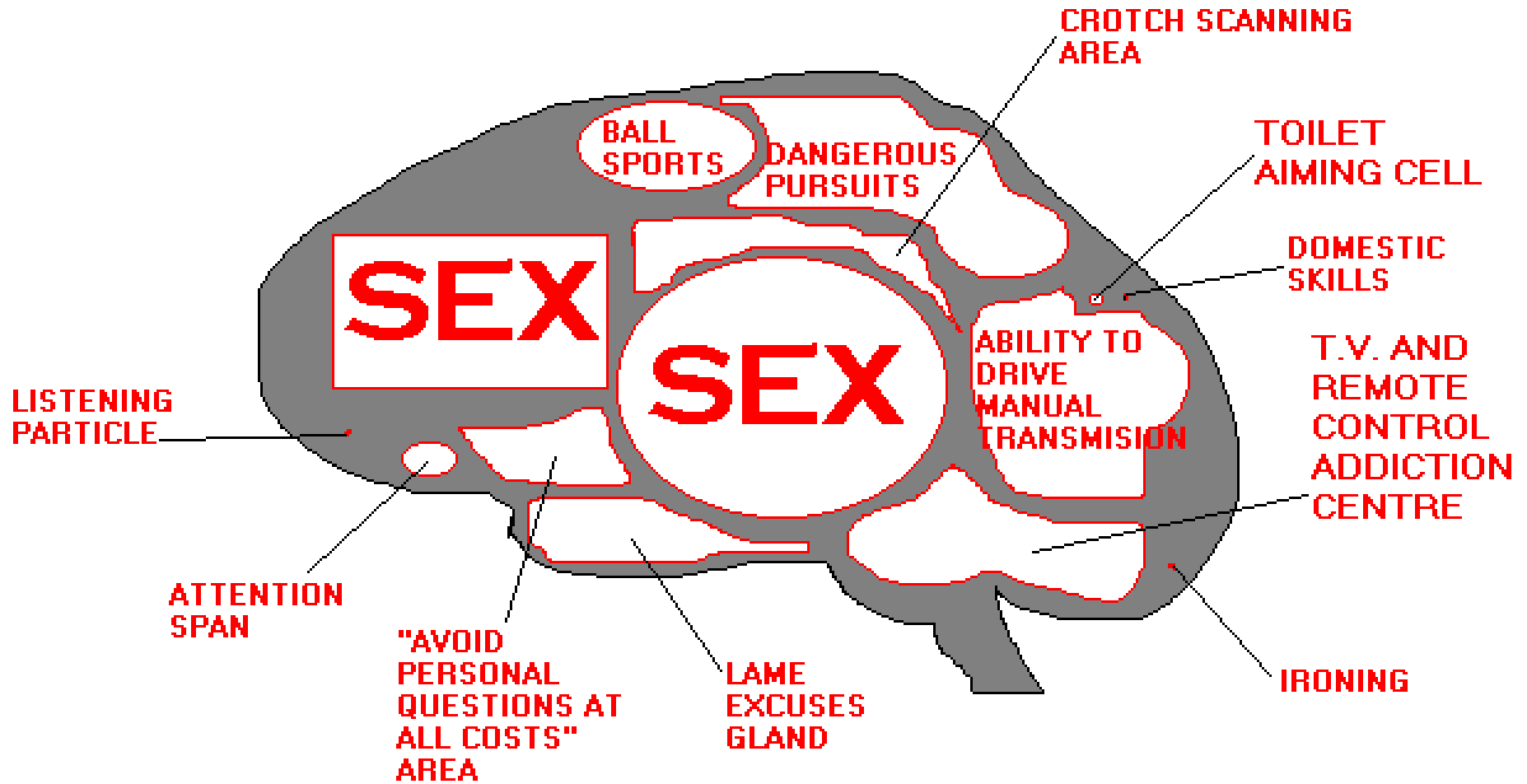
I won't .....

I won't yet because ..

# The brain and learning

Knowing how the brain works can help us make learning more likely

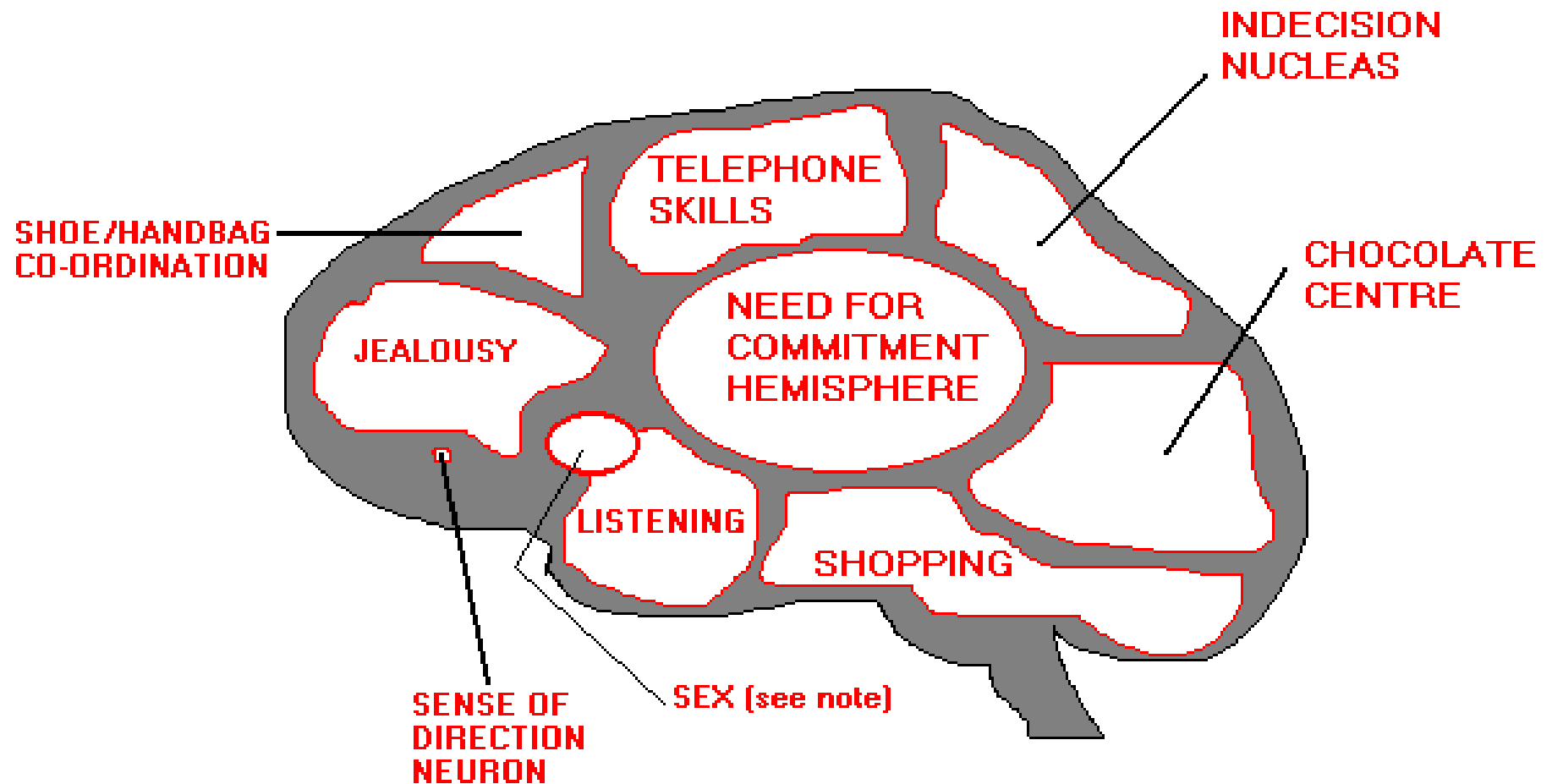
# THE MALE BRAIN



**FOOTNOTE:** the "Listening to children cry in the middle of the night" gland is not shown due to it's small and underdeveloped nature. Best viewed under a microscope.

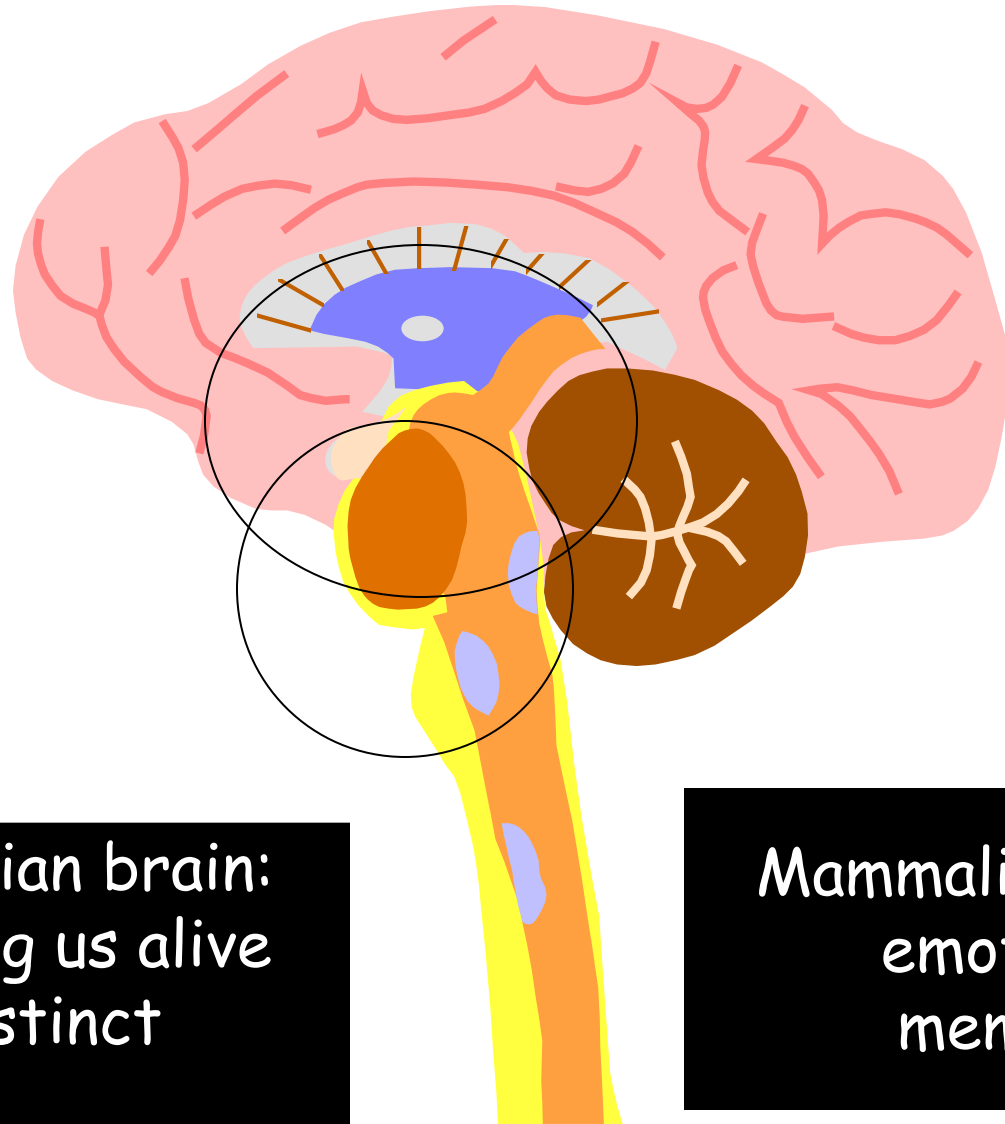


# THE FEMALE BRAIN



**FOOTNOTE:** Note how closely connected the small sex cell is to the listening gland.

Neo-cortex  
our uniqueness!



Reptilian brain:  
Keeping us alive  
instinct

Mammalian brain:  
emotions  
memory

There is a massive difference between  
challenge



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and stress,

but, only a thin dividing line;

The problem for the teacher is that each student  
will draw it in a different place



Little draws and monsters

# Why is laughing good?

- Enhances the immune system; increases the number of defence cells
- Reduces stress
- Lowers blood pressure
- More able to deal with cognitive challenge
- Has positive effects on cancer and rheumatoid arthritis
- Reduces symptoms of depression
- Improves sleep
- Produces sense of well being



There aren't any  
great people out  
there any more -  
there's only us.