

## Circus of Life

Learning to navigate life is a little like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, let go and trust that others will be there to catch us, clown around a little and feel the thrills.

This workshop looks at all the demands being placed on today's teenagers and shows them how to find balance, look after themselves, become resilient and take control of their future.

### Description

Stress is the number one cause of illness for today's young people.

They are living in an increasingly fast-paced environment preparing themselves for jobs – many of which don't yet exist - and with every aspect of their progress being scrutinised relentlessly.

This workshop is designed to help teenagers become resilient to these pressures showing them how to spot and deal with the danger areas in their own lives whilst looking forward in a positive and inspiring way.

### Benefits

Students address their use of internal language leading to resilient thought processes.

Students examine the balance in their lives, identify the weak area(s) and commit to themselves to making positive changes.

Students gain a clear understanding of what stress is and are shown how to take an holistic approach to reducing the stress in their lives.

Students are encouraged to develop a growth mindset focusing on their desired outcomes.

### Content

The workshop is split into three main areas: resilience, growth and wellbeing.

Each area contains exercises and information designed to encourage personal development and progress thus leading to reduced stress levels and increased resilience.

To be effective learners both our body and our mind have to be fit and healthy so this workshop takes an holistic approach addressing body, mind and spirit.

### Aims

The course has three main aims:

- To build resilient students
- To show students how to achieve a healthy work / life balance
- To encourage students to develop a growth mindset

### Learning Outcomes

Students learn to challenge habitual thought patterns replacing stress inducing language with resilient language.

Students identify the stress points in their life and commit to making necessary changes.

Students learn how to take an holistic approach to their well-being thus combatting stress illness.

Students begin to develop a growth mindset.