



Building resilience and positivity into your school

Dave Keeling





FLIP-IT THINKING





FLIP- it THINKING

FLIP



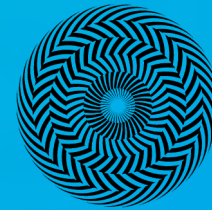
FOCUS



LANGUAGE

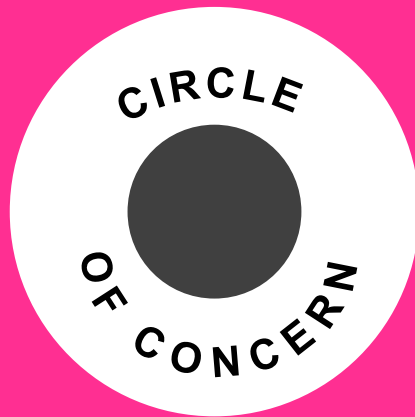


IMAGINATION

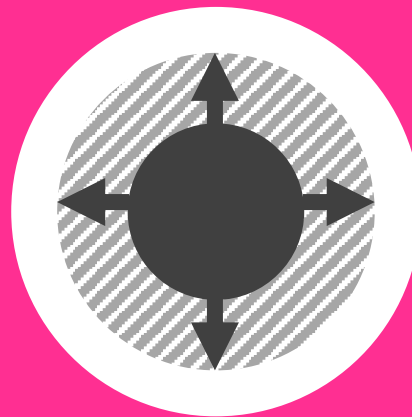


PATTERN
BREAKING

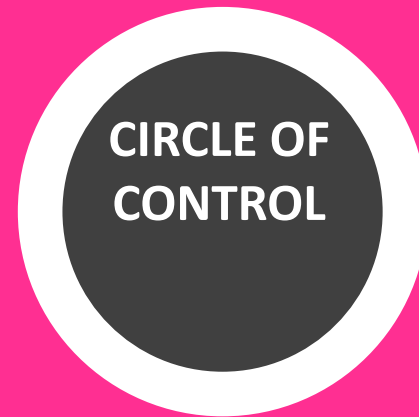
Shifting Focus



REACTIVE
FOCUS



CHANGING
YOUR FOCUS



PROACTIVE
FOCUS

F*CK IT
BUCKET



FLIP- it THINKING

FLIP



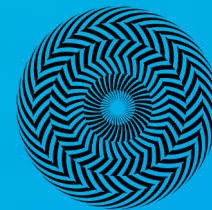
FOCUS



LANGUAGE



IMAGINATION



PATTERN
BREAKING



THE POWER OF WORDS

- Security
- Adventure
- Love
- Passion
- Health
- Success
- Freedom
- Intimacy
- Comfort
- Anger
- Loneliness
- Rejection
- Humiliation
- Failure
- Guilt
- Frustration
- Depression

FLIP- it THINKING

FLIP



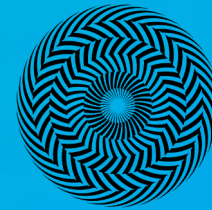
FOCUS



LANGUAGE



IMAGINATION



PATTERN
BREAKING

MAGIC QUESTION?

What would the Avengers do?

If you couldn't fail what would you do?

What would be the next best thing to help you feel better?



FLIP- it THINKING

FLIP



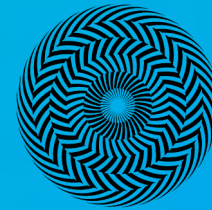
FOCUS



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IMAGINATION



PATTERN
BREAKING

REALISTIC FUTURE FOCUSED THINKING

A

ASSESS

What's happening now
and what needs to
happen

B

BRAINSTORM

Ideas for
actions

C

COMMIT

what's the next step
to take me forward?



WHAT NEXT?

- What will you FLIP?
- Use language that is positive, constructive and encourages growth-mindset.
- What can you do to increase your DOSE of happiness
- Recognise wonky thoughts and behaviour and support people to correct it in a kind way.



MAKING WORK YOUR HAPPY PLACE

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productive.

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