



The Inner Life.

LOVE

Compassion

Kindness

Forgiveness

Mercy

Tolerance

Understanding and empathy

Reason

Faith and Belief

“Do not think that love in order to be genuine has to be extraordinary. What we need is to love without getting tired. Be faithful in small things because it is in them that your strength lies.”

Why have you chosen this workshop?

*Resilience – tougher, harder
stronger.*

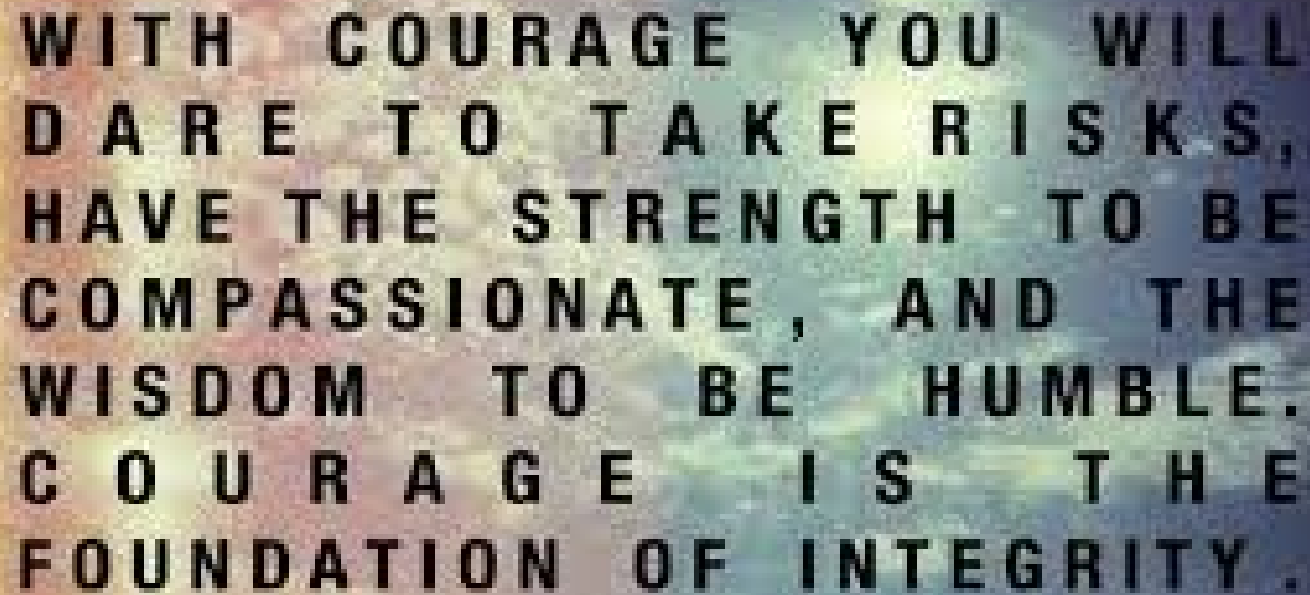
*Confidence – Swaggering
students!*

*Reflective –think more, A*s!*

Approaches – 30 ways to...

WHY ARE YOU HERE?

Courage



WITH COURAGE YOU WILL
DARE TO TAKE RISKS,
HAVE THE STRENGTH TO BE
COMPASSIONATE, AND THE
WISDOM TO BE HUMBLE.
COURAGE IS THE
FOUNDATION OF INTEGRITY.

Can't do it without open-mindedness

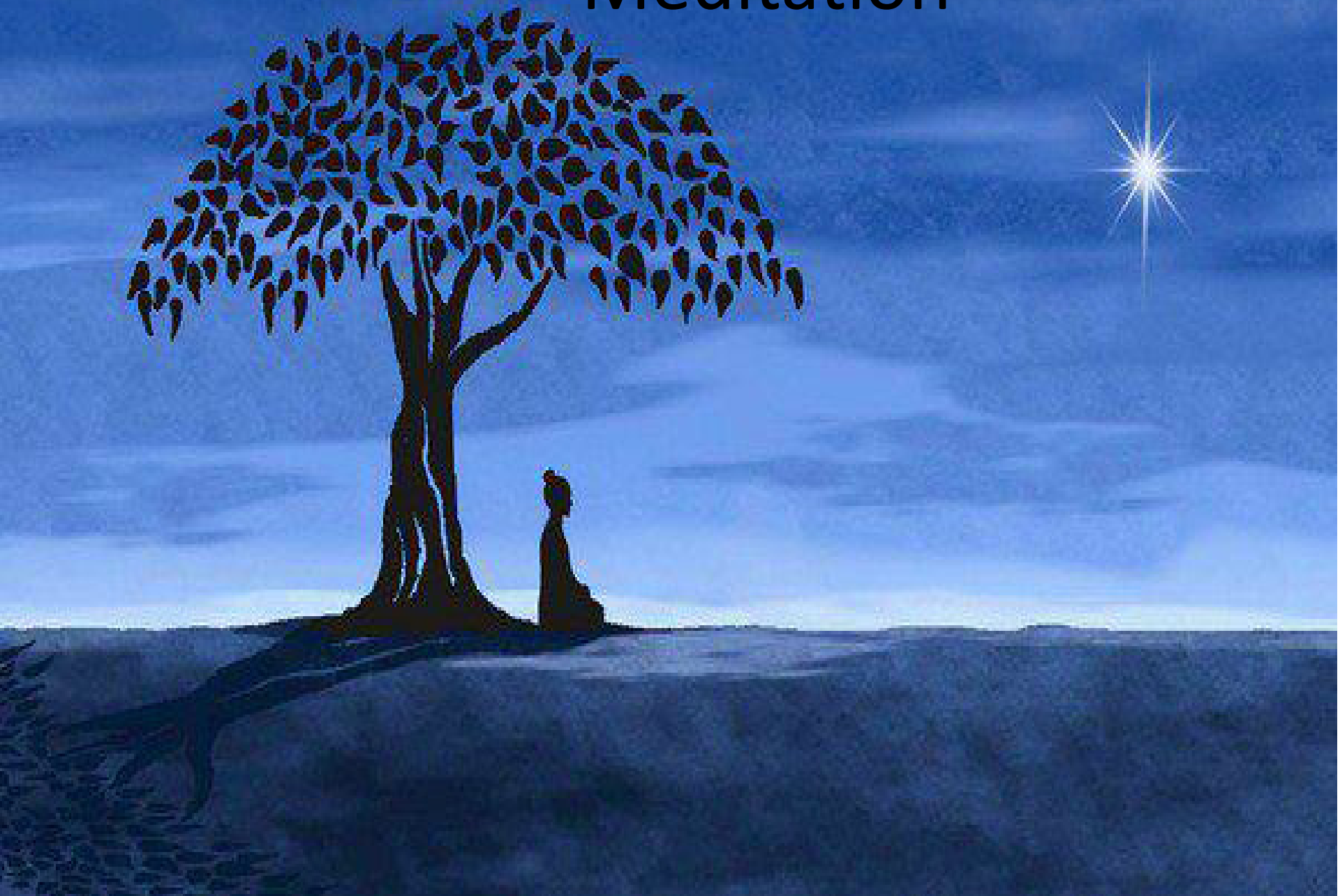
REFLECTIVE =
Serious thought +
Contemplation



Holding a mirror up to yourself

And the approaches? Take **COURAGE**

Meditation



What We May Be by Piero Ferrucci

amazon.co.uk
Try Prime

Books

Search

CY
DEA

Shop by
Department

Your Amazon.co.uk

Today's Deals

Gift Cards

Sell

Help

Hello, Sign
Your Account

Books

Advanced Search

Best Sellers

Top New Releases

Deals in Books

Best Books of the Month

Gift Guide

Books Outlet

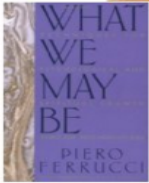
Children's Books

Return to product information

Have one to sell?

Amazon protects every purchase with an A-to-Z guarantee.

LOOK INSIDE!



What We May Be: Techniques for Psychological and Spiritual Growth (Paperback)

by Piero Ferrucci (Author)

★★★★☆ 11 customer reviews

Refine by [Clear all](#)

Delivery

☐ Prime

☐ Free delivery

Condition

☐ New

☒ Used

☒ Like New

☒ Very Good

☒ Good

☒ Acceptable

Price + Delivery	Condition	Seller Information	Delivery
£2.80 & FREE Delivery in the UK on orders over £10.00. Details	Used - Good This item is used and has some wear. Qualifies for free shipping and prime programs.	Bear Books UK ★★★★☆ 96% positive over the past 12 months. (20,884 total ratings)	FULFILLED BY AMAZON <ul style="list-style-type: none">Want delivery by December? Order and 27 minutes. Delivery at checkDomestic deliver policy.
£0.01 + £2.80 UK delivery	Used - Acceptable Shows definite wear, and perhaps considerable marking on inside. ... Read more	betterworldbooks ★★★★☆ 93% positive over the past 12 months. (355,951 total ratings)	<ul style="list-style-type: none">Dispatched from Learn more aboutInternational & d and return policy.
£0.29 + £2.80 UK delivery	Used - Very Good Pages are clean and free of writing and or highlighting. Cover ed... Read more	owlsmart_usa ★★★★☆ 92% positive over the past 12 months. (97,521 total ratings)	<ul style="list-style-type: none">Dispatched from Learn more aboutDomestic deliver policy.
£1.00 + £2.80 UK delivery	Used - Acceptable Support Your Planet. Buy CLEAN EARTH BOOKS. Shipping orders swift... Read more	Clean Earth Books ★★★★☆ 94% positive over the past 12 months. (4,950 total ratings)	<ul style="list-style-type: none">Dispatched from Learn more aboutInternational & d and return policy.

If there is to be peace in the world,
There must be peace in the nations.

If there is to be peace in the nations,
There must be peace in the cities.

If there is to be peace in the cities,
There must be peace between neighbors.

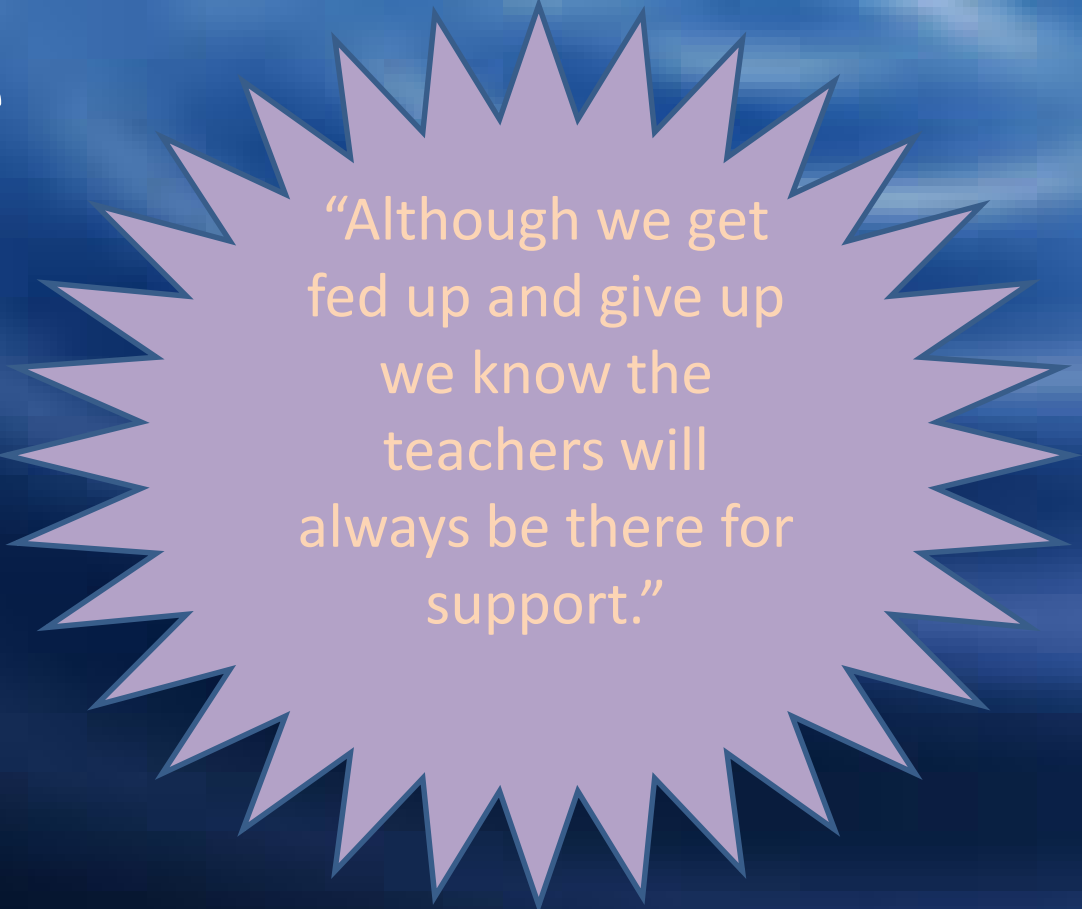
If there is to be peace between neighbors,
There must be peace in the home.

If there is to be peace in the home,
There must be peace in the heart.

Lao Tzu

The Struggle – if WE can't do it, they certainly won't: the well, the calm and the space within ourselves

- Constant Failure
- No self worth
- Worry
- Pressure
- Expectation
- Fear

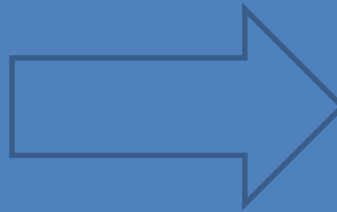


“Although we get fed up and give up we know the teachers will always be there for support.”

Poverty - where do our students come from?

Mental
Physical
Cultural
Spiritual

IN here



Here, I am free to be creative in the way I express my opinions as well as developing them in a compassionate way.

Without this, learning cannot take place.

A school of LOVE : What does a school based on Love look like?

I believe that it is good that we are given the choice to be a free thinker; this is as it helps us to grow in self-belief which leads us to grow stronger - and faith helps.

A school of LOVE as well as LAW

Models of Compassion

Depth and warmth of feeling

Smiling at them

Almost constant self affirmation

Always a fresh start

Unafraid to talk about love and the inner life

Within the fabric of the school

- A school based on faith and belief = something to hold on to...
- The OPPORTUNITY to talk and question – THE SPARK AND THE SPIRIT
- Language of spirituality
- Forgiveness (students AND staff)
- To serve (teachers) – no ego. Vocation.

*Where does the inner **STRENGTH** in our students come from?*

Approaches

Be faithful in small things because it is in them that your **strength** lies

Doc1 (5) (Read-Only) - Microsoft Word

Table Tools

Home Insert Page Layout References Mailings Review View Design Layout

Cut Copy Paste Format Painter

Clipboard

Calibri (Body) 11 A A Aa

B I U abc x₂ x² Aa ab A

Font

Paragraph

Styles

AaBbCcDc AaBbCcDc AaBbCcDc AaBbCcDc AaBbCcDc

Normal No Spacing Heading 1 Heading 2

Connecting to the Inner Life – activities to promote confidence and awareness.

Name	Description
1. Themes for each Year group, every academic year.	Examples: L.O.V.E L-Law/Standards O-On target V-Vitality Mind, Body, Spirit E- Exposure Or "We are all connected" Start the year with an assembly on Lynn Cox- the swimmer who swam from America to Russia.
2. Use of the GROW module	This process is non-confrontational and in it is contained the belief that the students themselves know what they need to do. If a Student has an issue anywhere pastoral or academic. Start with the Goal- What is that they want to achieve? Reality- What is currently happening? What have they already tried to improve the situation? Options- come up with 15 options. What is the easiest thing to do? What would a wise old aunt tell you to do? Etc Way forward- committed to 3 options to be completed in a time frame.
3. Death by report or let's go for a run?	We all know the quote that the definition of madness is doing the same thing and expecting a different result. Students who are on a report and then on it again and again is not effective, clearly. Rather find out what their 'thing' is and vow to do something with them at the end of the report or simply just because.
4. Public speaking training. More than just the Jack Petchy free training/Public Speaking competitions.	Anywhere we can and repeatedly, provide students with different public speaking training. This builds their confidence. Get them to use their skills wherever the opportunities present themselves – with a year group of 210 and x2 assemblies, each student made a speech. At the end of the year – approx 2-3 short speeches of 1 min long in each assembly. Enter students into every public speaking comp. Going to the Cambridge Speaking Union, the English Speaking Union and local competitions.
5. Small group trips – regular and often – in and out of school time.	Ballet/Opera trips of 20 or less- take enough trips to offer to the whole year group. Trip to Westminster with 20 students. Make sure EVERY student has been at LEAST on ONE 'Small trip' every year.
6. "Great people are grateful"	Simply send out as many thank you letters as possible. Thank you letters for helping out at open evening, parents evening, assemblies etc. It is certainly modelling behaviour, but also a significant home boost and home relations developer.
7. "Readers are leaders" – get a 'literacy' phrase and use it – all the time.	And then use PLUG whole school literacy projects/initiatives/actions like MrsX is reading...posters / World Book Day / Reading logs in review sections and / Book review assemblies from students and staff. ALL THE TIME. Get students to Review the books they have been reading in other Subjects in assemblies (work SMART and make this one of their speeches.). Can do your own literacy stuff too, but Whole School stuff makes as much of an impact.



“It’s really very
simple...”



Explicit personal development




How do our
students see
themselves?





<https://vimeo.com/147573060>

A close-up photograph of a rough, uncut diamond crystal. The diamond is translucent with visible internal facets and some inclusions. It is resting on a dark, textured rock surface, possibly a piece of coal or a similar mineral. The lighting highlights the sharp edges and facets of the diamond, contrasting it with the dark, irregular background.

The rock is unearthed.
A diamond is born.
Unclear and jagged,
What it will become,
Is what it already is.
It just doesn't know it yet.
Handled delicately, and finely crafted,
It begins to take shape.
It does not transform on it's own,
But at the hands of another.
Someone who see it's potential,
And knows all along, what it truly is.
When it is done,
It shines for the world to see.
Once, just a vision, now real.
It took the one that believed in it,
To shape it, to polish it,
And show it what it was all along.
He believed in the diamond in the rough.
As I believe in you.

Beautiful behaviour:

Death by report or let's go for a run?

Or a boot camp

Or a cycle



Small groups, big
breakthrough



I totally appreciate that ...



