



This session is based on the advice given to the students by Derek Hudson at the 1st BMW session.

Derek spoke about the rough start that he had at CIC. He didn't do very well in school in the early days and encouraged the boys to not let the **perception of others** influence how they think of themselves.

Despite having a bumpy start; with hard work, focus and perseverance he turned around the narrative and became the very successful person he is today.

If he had listened to the negative comments and materialized the thoughts and words of others, his story may have been very different today.

He encouraged the boys to not let negative experiences or shortcomings interfere with their future aspirations and dreams. The way that they perceive a situation can determine how best they can deal with and overcome it.

In this presentation: **the first 4 slides encourage a discussion around how the boys perceive a situation can ultimately influence the outcome.** The message here is that we all have control over how we choose to react to a problem and being aware of this can help to overcome.

The last two slides address **perception by others**. It is important to reiterate that not because someone says so means that it is true. The boys should be reminded that just because someone may say mean things to them and criticize them, that doesn't mean that it is the truth or reality and they should be careful not to give the power over them.

"The one thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance."

Viktor Frankl, 1905 - 1997



We create our experience of life all day every day. Believe it or not this is also true in regards to the 'bad' things that happen to us too.

When we are facing difficulties it may feel as though we are out of our control and are at the mercy of external events/people.

However we do have some control in these situations and that comes from **how we choose to perceive what is happening to us.**

Our perception governs the meaning we take from a situation (whether it is good or bad for us, a threat or not a threat...) and it is meaning that creates the emotional reaction we have.

If we do not perceive something as a threat then it cannot make us feel threatened, can it?

What do you see?



Play this fun game with the boys. How many see the vase or two faces in the first picture? How many sees the man playing the saxophone or the lady's face in the second picture?

The moral of the story is that there are alternative ways of seeing a situation; you need only change your perspective on how you look at it or react to it. Just like these pictures show a completely different outcome by shifting your perspective.

What story are you creating?



DIRECTOR – Control the meaning



AUDIENCE – React emotionally to the meaning

Think of it as though you are both the Director and Audience of a movie which depicts your life.

In the Director's chair you control the meaning behind everything that happens. As an audience member you react emotionally to this meaning.

Where is this true in your life at the moment? What situations are you creating a negative story around? (Director) How is what you are seeing affecting you? (Audience) Does it make you feel good? Bad? Vulnerable?

To explore how powerful our perception can be, can you recall a situation that you worried about for ages only to find that when it actually happened it wasn't half as bad as you had predicted? With the benefit of hindsight can you now see how the story you created around this situation wasn't a helpful reflection on reality, but more a version of events tainted by your fears?

5 steps whenever you have a problem

1. Take a Deep Breath
2. Be thankful (it could always be so much worse)
3. Forgive yourself or the person involved
4. Figure out a plan to turn the situation into something positive
5. Move forward with your action plan

Exercise: **Good day, bad day?**

You are on your way to an important meeting.

Traffic is unexpectedly bad so you are running at least 10 to 15 minutes late.

Outlook A “Oh great, this isn’t going to go well for me this morning I can feel it! I’m going to look so unprofessional when I walk in late. I doubt they’ll take me seriously now. I really wish I didn’t have to go to this meeting. Why do things always go wrong for me?”

Option B “OK so it’s a little disappointing that I’ll be late but then there’s nothing I can do, it’s just one of those things that happens to everyone occasionally. This isn’t going to get in my way today. I’ll just make my apologies and then carry on, my professionalism and enthusiasm for this project will shine thorough. Things will be fine.”

Q’s:

- Which outlook would help you most in this situation?
- Which outlook would help you enter the meeting with the best frame of mind?
- Which outlook would support you in being able to perform well?
- Which outlook has the potential to make things much worse for you?

So here we can see that in the middle of even the most stressful of situations, we get to choose the type of experience we have by deciding which outlook we are going to take. The next time you feel

stressed have a go at pressing pause for a moment and evaluate your perception. Ask yourself, “Is there a better perception of this situation I could choose that would help me?”

Are you what others
Perceive you to be?



Perception is an amazing thing.

Forming a perception about someone or something comes naturally to us, and we do it subconsciously, whether you want to or not; or even when you tell yourself it is not the right thing to do.

It takes just a few seconds to create an initial perception of someone. In quick time, this perception will become a “judgement”.

Change the narrative

I'm very ugly
So don't try to convince me that
I am a very beautiful person
Because at the end of the day
I hate myself in every single way
And I'm not going to lie to myself by saying
There is beauty inside of me that matters
So rest assured I will remind myself
That I am a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what
I am not good enough to be loved
And I am in no position to believe that
Beauty does exist within me
Because whenever I look in the mirror I always think
Am I as ugly as people say?

(Now read bottom up)

by Abdullah Shoaib

Have a student volunteer to read the poem top down and then another to read the poem from the bottom up.

If you have additional time then ask the boys to reflect on the poem both ways.

Next Session: Tuesday February 19th 2019

Diversity & Inclusion

