

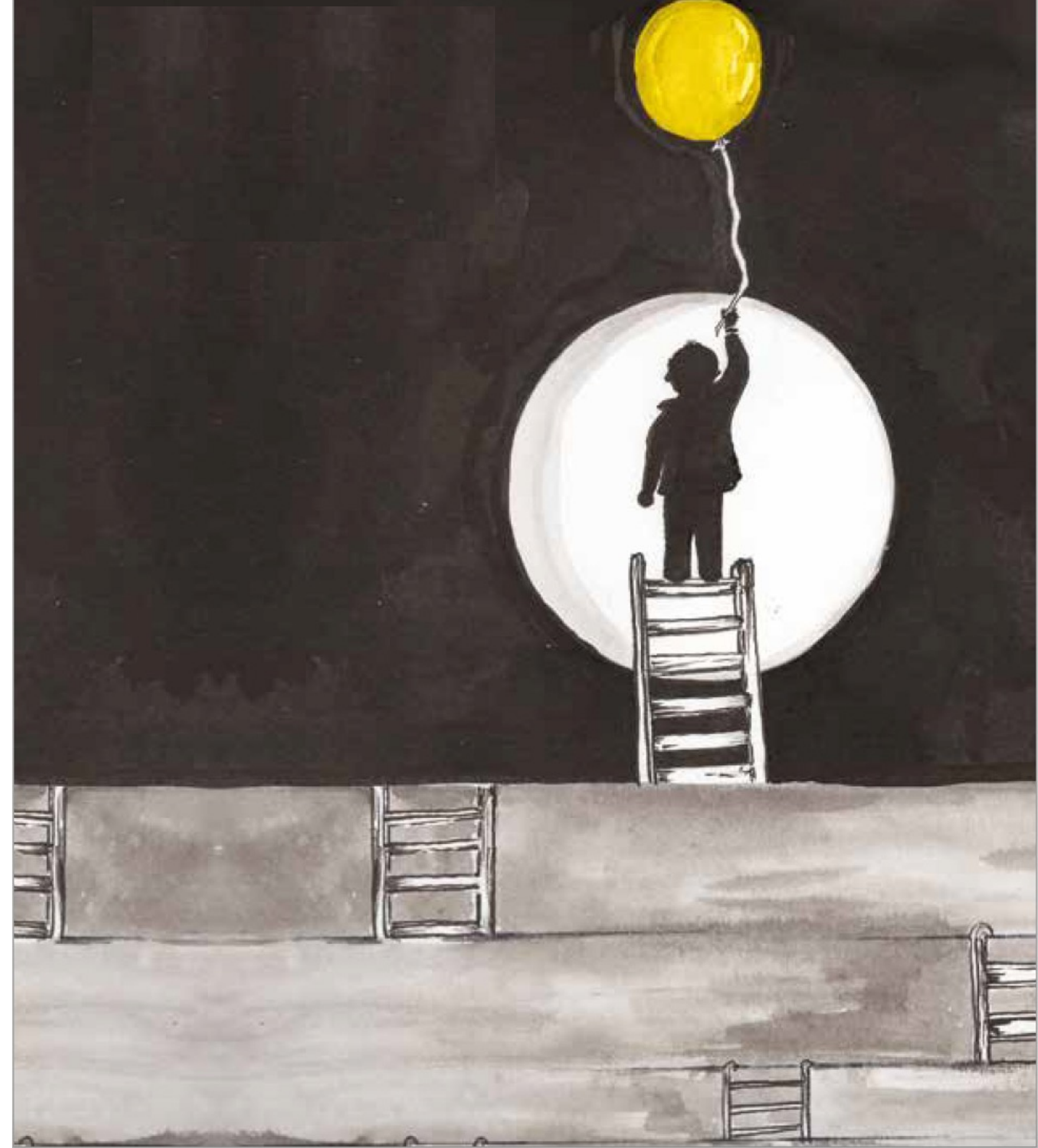


Inflating Balloons of Self-Belief

by James Shone

21st Century Parenting Day

Bryanston, 6th June 2023



What I'll talk about today:

- My Story
- Self-belief
- The solution to low self-belief



1. My Story

Life as I knew it in 2012

- 🎈 Married with four young children
- 🎈 Teacher for 16 years
- 🎈 Housemaster for 9 years
- 🎈 Pastorally Passionate
- 🎈 Sports Lover
- 🎈 Driving, independent
- 🎈 Applied to be a Head Teacher, got the job and then....



With my family today

The Medical...

- 🎈 Diagnosed with a large brain tumour
- 🎈 Telling my children
- 🎈 27 hours of brain surgery
- 🎈 80 days in hospital - *no food, no water, no talking!*
- 🎈 Sight loss
- 🎈 No longer able to become a head teacher
- 🎈 2012 vs 2013, very different...



In my hospital bed in 2012

Daily Challenges

There are many things I now find very difficult or can't do at all...

- Golf
- Ball games
- Running
- Driving
- Mowing the lawn
- ...And many more!



Sitting on a sandwich...



What happened next....



My white chair





2. Self-belief

There are many reasons for low self-belief

Social Media pressure

Being bullied

The weather

Feeling “I don’t fit in”

Depression

Hormones

Family issues

Homework pressure

Not feeling included

Grief

Exams

Health / Injury

Tiredness

Feeling overlooked

Transition between life stages

Anxiety

Sports trials

Addiction issues

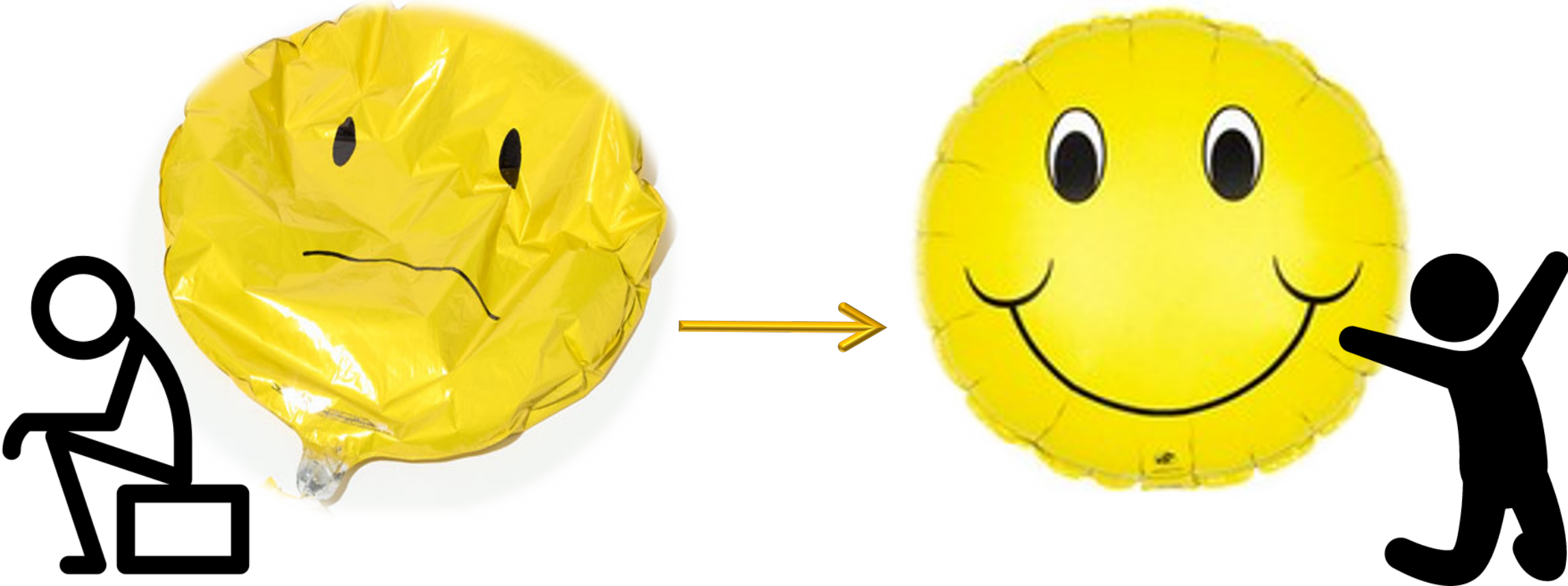
The time of year

Poor academic results

Workplace pressures



Inflating balloons of self belief



You are key!





3. The Solution

The Solution

I

**Individually
unique**

C

Challenge

A

Attitude

N

Needed





Individually
unique

1. We are *all* INDIVIDUALLY Unique



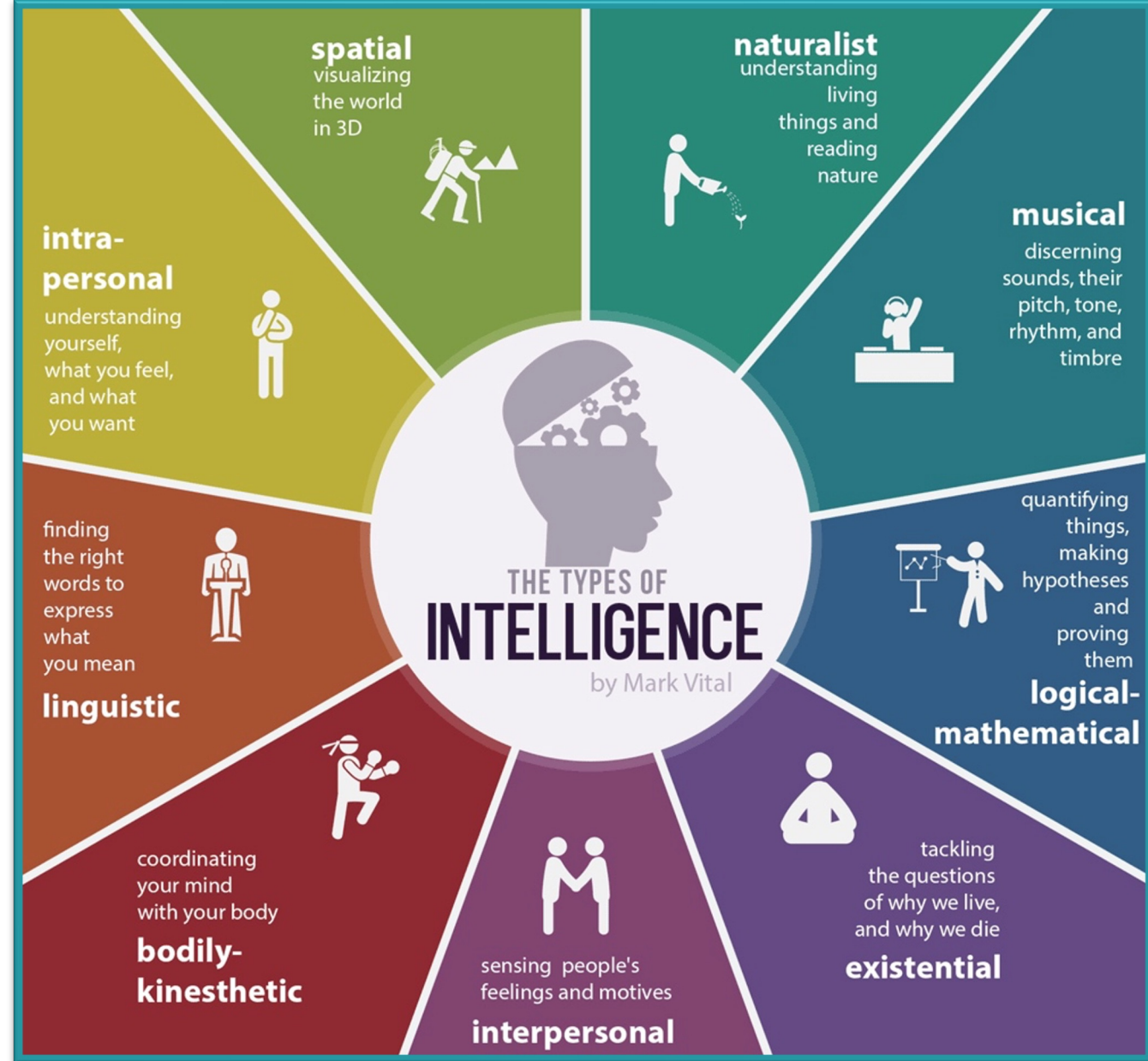
“Don’t ask how
intelligent is X, but ask
how is X intelligent?”

Prof Howard Gardener, Harvard University



“There are 8 different types of intelligence”

Howard Gardner



Howard Gardner's Multiple Intelligence Theory



The story of Archie...



My nickname for Archie was the 'Hot Cross Bun!'

“Being in your element is about finding something you are passionate about which you are also good at.”

Ken Robinson, educationalist

What is their PURPOSE?

Use the Co-Curricular







Challenge

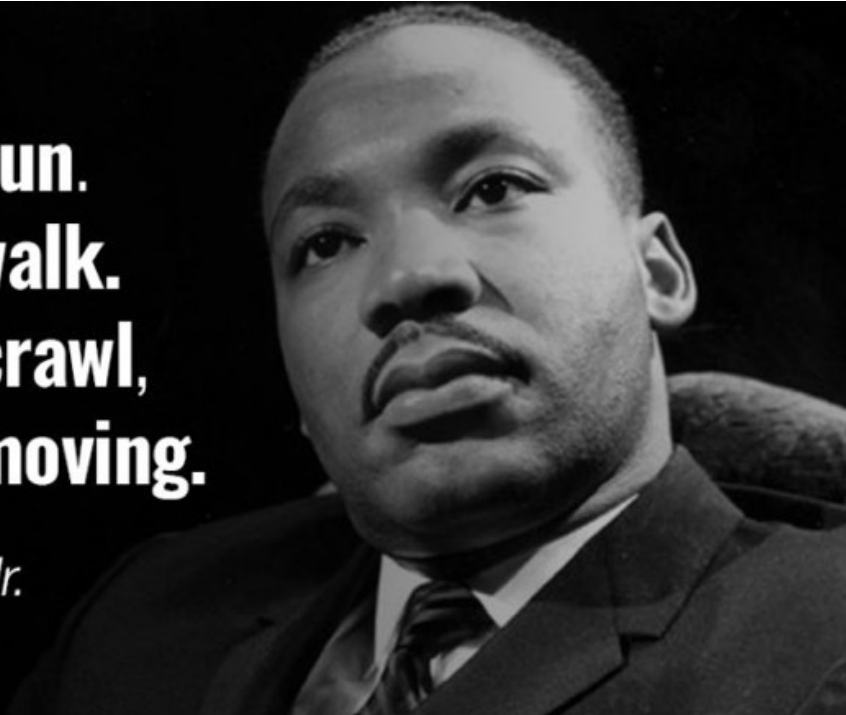
2. CHALLENGE yourself
to *Move Forward*



Moving forward is making progress - knowing
you're getting better and improving.

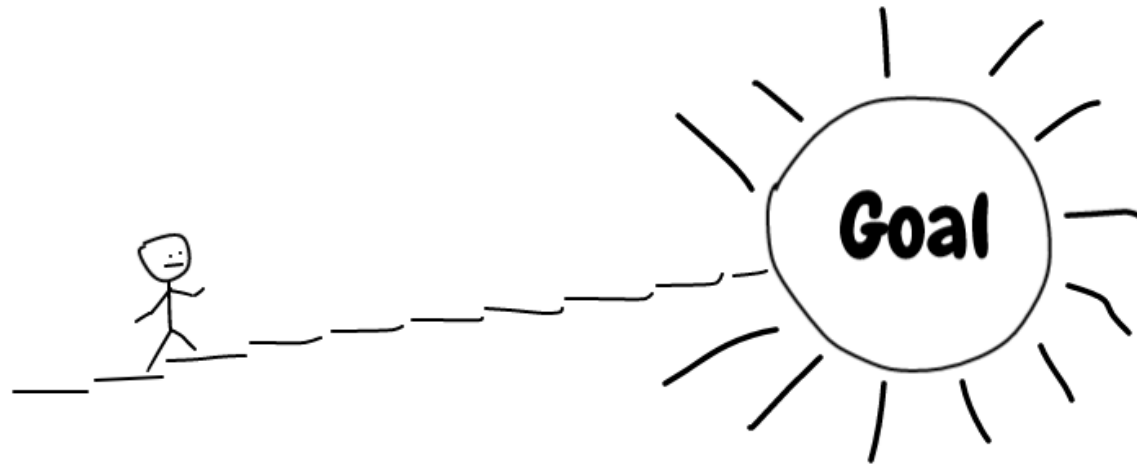
If you can't fly, then **run**.
If you can't run, then **walk**.
If you can't walk, then **crawl**,
but by all means, **keep moving**.

- *Martin Luther King Jr.*



Why is it important to CHALLENGE ourselves?

- Small steps of improvement build confidence
- With greater confidence come greater steps



- Remember: 'I Can't do it... YET'
- Small steps of progress = air in your balloon



Rowing down the length of the River Thames, 2017



Cycling from Bath to Big Ben 2021



Rowing across the Bristol Channel with the ICAIA team 2022







Attitude

3. Have a positive **ATTITUDE**



Hope: Definition

A feeling that something good is going to happen.



- Setbacks can be springboards!
- Reflect & Refine *versus* Ruminating & Define



- Dream Dreams! This gives you a purpose
- Make sure you have a Positive ATTITUDE.

“The only limit to the height of your achievements is the reach of your dreams and the willingness to work hard for them.”

Michelle Obama





www.icanandiam.com

There are 2 ways to look at life:



We can stare at the mountain and see a challenge as impossible



Or we can find a way around a challenge and take the route of the sun drenched savannah





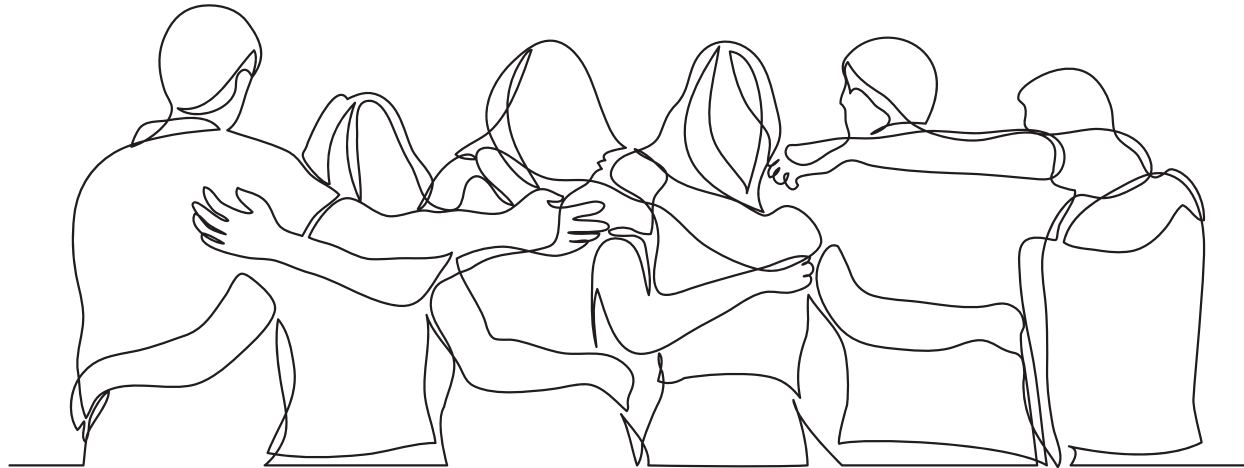
Needed

4. Find places where you
belong & feel **NEEDED**



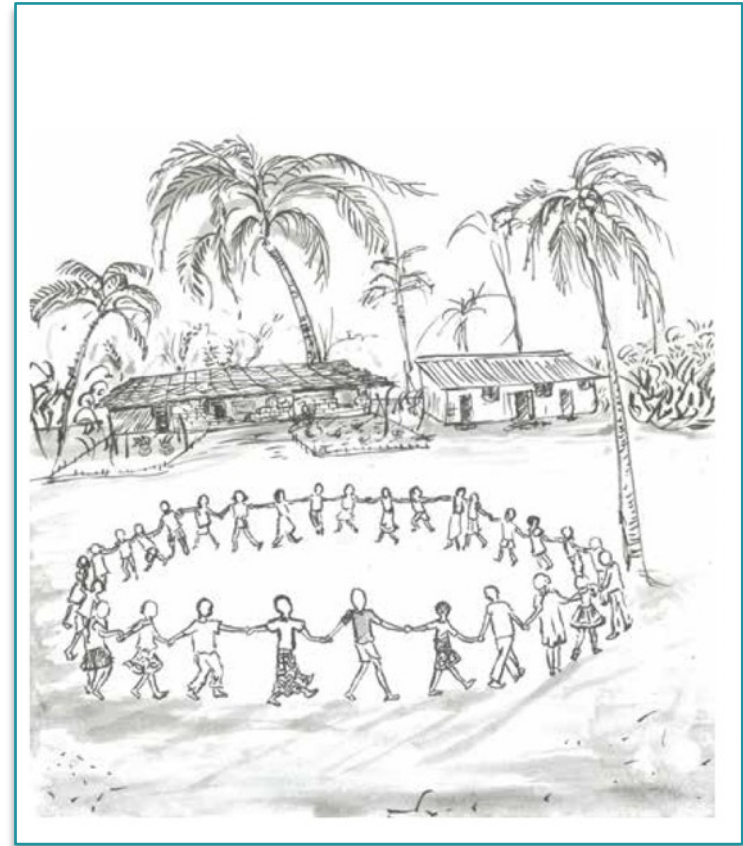
Belonging: Definition

The need to be an accepted member of a group or place.



Why is it important to feel Needed and to Belong?

- When we feel SAFE → happy to be ourselves
- Trying to be something we're not → insecurity



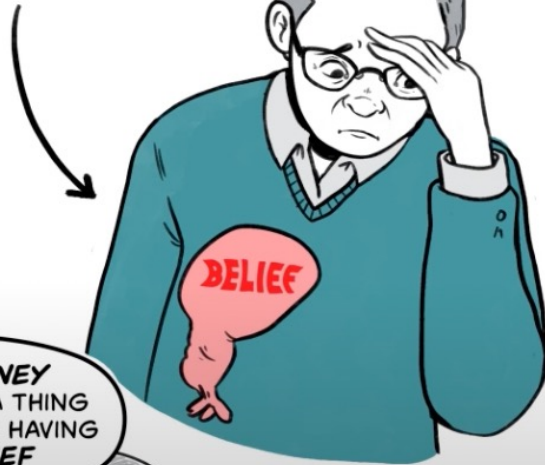
How do we make others feel **Needed**?

- Mutual Encouragement
- Competition vs Collaboration
- Allow others to be themselves - celebrate Individuality.

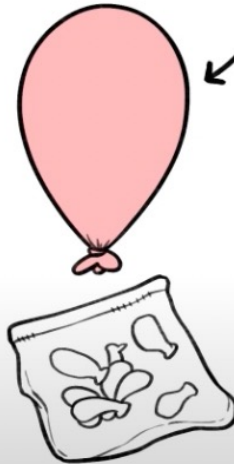


SELF-BELIEF

WHEN YOUR **BALLOON** IS **DEFLATED**, YOUR **SELF-BELIEF** IS **LOW**

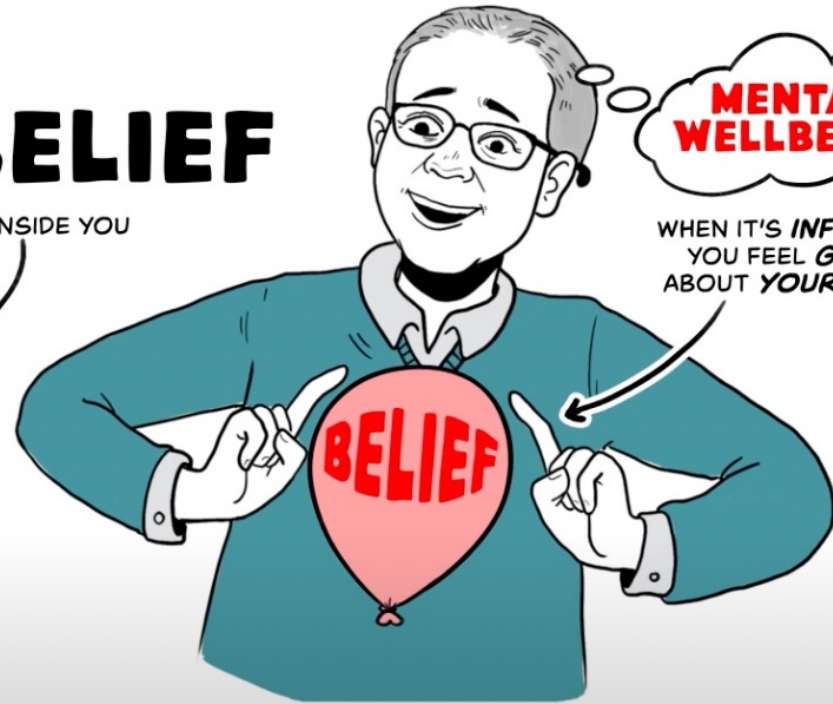


LIKE A **BALLOON** INSIDE YOU



MENTAL WELLBEING ✓

WHEN IT'S **INFLATED**, YOU FEEL **GOOD** ABOUT **YOURSELF**



THIS **JOURNEY** TAUGHT ME A THING OR TWO ABOUT HAVING **SELF-BELIEF**

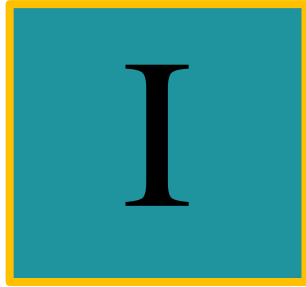


*“Notice everything,
correct occasionally,
But, above all,
cherish the brethren.”*

Anthony Sutch

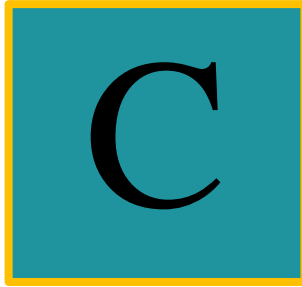


And remember...



I

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unique**



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Keep in touch!



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