

# HOW TO HELP YOUR CHILD HAVE A SUCCESSFUL LIFE

PARENT FORUM: MONDAY 17 JULY 2017



## The seven key skills your child will need in life:

### 1. They will need to be able to recognise their own emotions

**Discussion Point:** "To recognise a foul mood is to want to get out of it."

### 2. They will need to be able to manage their emotions

**Discussion Points:**

1. Anatomy of Anger
2. Initial Trigger
3. Hormonal Surge
4. State of Readiness
5. Hair Trigger

### 3. They will need to be able to motivate themselves to work

K ick  
I n  
T he  
A rse

**Discussion Point:** Ever tried? Ever failed? No matter. Try again. Fail again. Fail better.



### 4. They will need to have empathy

**Discussion Point:** Can you recognise the emotions in the faces above?

### 5. They will need to be able to handle relationships

### 6. They will need to realise that they can only change themselves

### 7. They will need to realise that their best is good enough

#### Additional discussion points:

- Happiness is the accidental by-product of positive action. It happens when you are focused on something else.
- Follow your passions.
- The basic idea of western science is that you don't have to take into account the falling of a leaf on some planet in another galaxy when you're trying to account for the motion of a billiard ball on a pool table on earth.
- What can you do? What do you love? What is your talent? What are you fantastic at? What can you become?

## A LESSON IN PERSPECTIVE:

For want of a nail, the shoe was lost. For want of the shoe, the horse was lost. For want of the horse, the rider was lost. For want of the rider, the battle was lost. For want of the battle, the kingdom was lost.

Because of a nail, the shoe was saved. Because of the shoe, the horse was saved. Because of the horse, the rider was saved. Because of the rider, the battle was won. Because of the battle, the kingdom was saved.

