

tokcourses planet of the chimps

This fun and engaging course takes pupils through the crux of Dr. Steve Peters' Chimp Paradox model with the aim of improving the emotional intelligence of S2 pupils. Emotional intelligence is a key factor in decision making and ultimately how happy and successful we are as people in our lives. We continually make short term choices to the long term detriment of ourselves; 'What's with all the monkey business?' identifies and challenges this way of thinking, enabling pupils to feel in control of their choices and make better decisions at key points in their lives!

Learning Outcomes

- 🌿 Identify with different areas of the brain and how each part works
- 🌿 Engage in fun and interactive challenges
- 🌿 Problem solving
- 🌿 Find perspective
- 🌿 Give tools to manage emotions
- 🌿 Show how some people are more successful than others and how this could be you

Benefits

- 🌿 Empowers pupils with confidence
- 🌿 Encourages pupils to be more aware of themselves
- 🌿 More responsible
- 🌿 Increased levels of effort
- 🌿 Ability to make better long term choices as opposed to easy short term ones focus

Course Logistics

Delegates S2 pupils

Duration 1.5 hours

Sessions per day 3

Numbers per session: up to 35



Inspire the world

Introduction/Setting the Scene

We will start with a brief introduction to the speaker and the day ahead. This is a crucial part to the workshop as the presenter will engage with pupils and quickly build rapport. This will allow the class to relax and enjoy the experience ahead.

The Human Brain

When we use this part of our brain we think rationally and are happy with how we are thinking and feeling.

The Chimp Brain

When we use this part of the brain, we are thinking emotionally not rationally. This is when we make quick, impulsive decisions and can also act a bit weird...

While there are strengths to the chimp brain, there are also weaknesses and it's these weaknesses that are in effect when we make irrational decisions. For example, we often want things instantly instead of waiting for a bigger reward in the long term. The chimp can be lazy, it takes over when we feel stressed or just can't be bothered. Therefore if pupils manage these negatives better, they can unleash more of their potential instead of unleashing their 'chimp'.

Perspective

What is important to you? What type of person do you want to be? It's what we value as human beings that manage our chimp and dictate our behaviour and the decisions we make. What would really make you happy? The human brain can see the long term while the chimp just wants instant gratification. By managing the chimp, making better decisions and focussing on what's actually important means we can be happier and more successful in the long term.

Summary

Tree of Knowledge delivers all presentations in a highly motivating and entertaining way. We use the vehicle of fun and laughter (backed up with science from experts in their field) and find that pupils are very receptive to this different style of presenting. This allows expectations and objectives to be met and often surpassed!

