Surviving Lockdown

Belong    Grow    Succeed

MRS CARTLEDGE
Surviving lockdown....

Here we are, in June 2020

The Coronavirus disease (COVID-19) has taken over.
What is personal growth?....

• Understand what is meant by personal growth

• Identify life ambitions and create your own vision
What is personal growth?

Personal development is a lifelong process and it is different for different people.

It is a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realise and maximise their potential.
Why is personal growth important?

- Self-awareness
- A sense of direction
- Improved focus and effectiveness
- More motivation
- Greater resilience
- More fulfilling relationships
- Achieve goals
- Learn new skills
- Develop knowledge

The best project you will ever work on is you
Every single day you should be trying to learn, grow, and become a better person.
Personal growth won’t happen all at once and you have to be ready to change & do some things differently
The invictus story

The Invictus Games is an international Paralympic-style sport event, created by Britain's Prince Harry, in which wounded, injured or sick armed services personnel and their associated veterans take part in sports.

The Invictus Games demonstrate soldiers’ and veterans’ drive to overcome personal challenges and the power that sport has on their journey to recovery.
VIDEO:
Prince Harry talks about The Invictus Games

https://www.youtube.com/watch?v=8RZn7IrnENg
‘I AM’ is the motto for the Invictus Games, inspired by the final two lines of the poem Invictus, penned by English poet William Ernest Henley.

Invictus is Latin for unconquered.

The speaker in the poem proclaims his strength in the face of adversity.

I AM reflects and defines the Games’ core purpose: to provide a platform for personal achievement, to compete, not just against each other, but against oneself and prove that “I AM the master of my fate, I AM the captain of my soul.”
The key message...

You are the master of your fate, You are the captain of your soul.

If you could do anything with your life, what would you do?

Write all your ideas down ready to share with your tutor once you return to school.