

be the best
version of

you

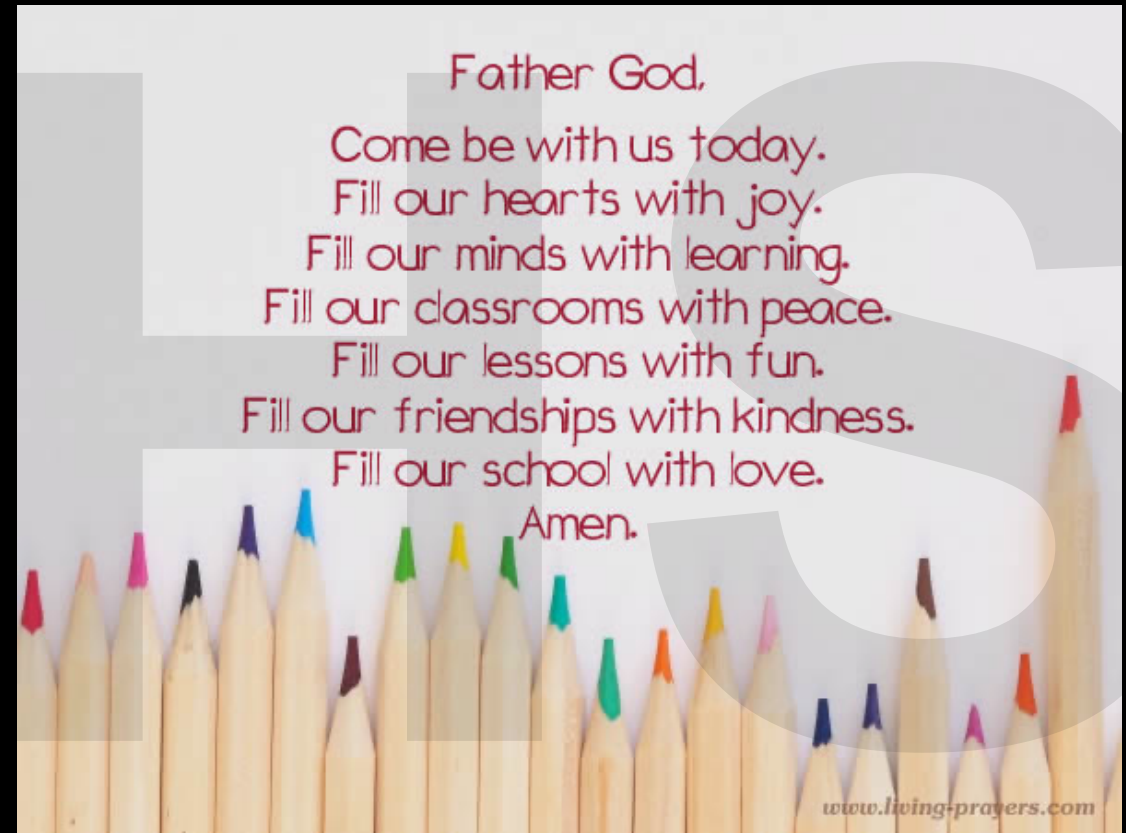


Lessons from
the best

Lessons from the best

Please use a moment of reflection after saying the prayer.

Q- What do peace, kindness and love look like, and sound like for you today?



Lessons from the best

Flying geese

There are many examples we could use from nature that provide us with inspiring information despite facing adversity or difficulty.

Nature is about survival rather than being successful and unless species are adaptable and smart, they will quickly become extinct or eaten!!

We could talk about ants, bees, spiders, camels, salmon, armadillos, elephants or crocodiles and the life skills/knowledge they use to survive.....



Lessons from the best

Flying geese

.....however, we are going to use geese!!!

12 millions years old, 100+ different species, hatch in March and ready to fly 30,000 km by October, live in some of the world's coldest climates (Siberia, Greenland or Canada) but habitat some of the hottest areas too (Australia, Brazil and South Africa).

- <https://youtu.be/Ek2fkneLcjM>

Lessons from geese 3 mins

Q- What lessons can we learn from their flying V formation and how they look after one another?





Lessons from the best

NASA

Putting astronauts into space, sending satellites on fact finding missions billions of miles away from earth or building a space station takes teamwork.

Q- What is NASA's secret?

You cannot simply put lots of very intelligent people together and hope they will be able to gel.

Q- Can you use NASA's example of how we can all work together at St Joseph's to achieve incredible things?

Lessons from the best

NASA

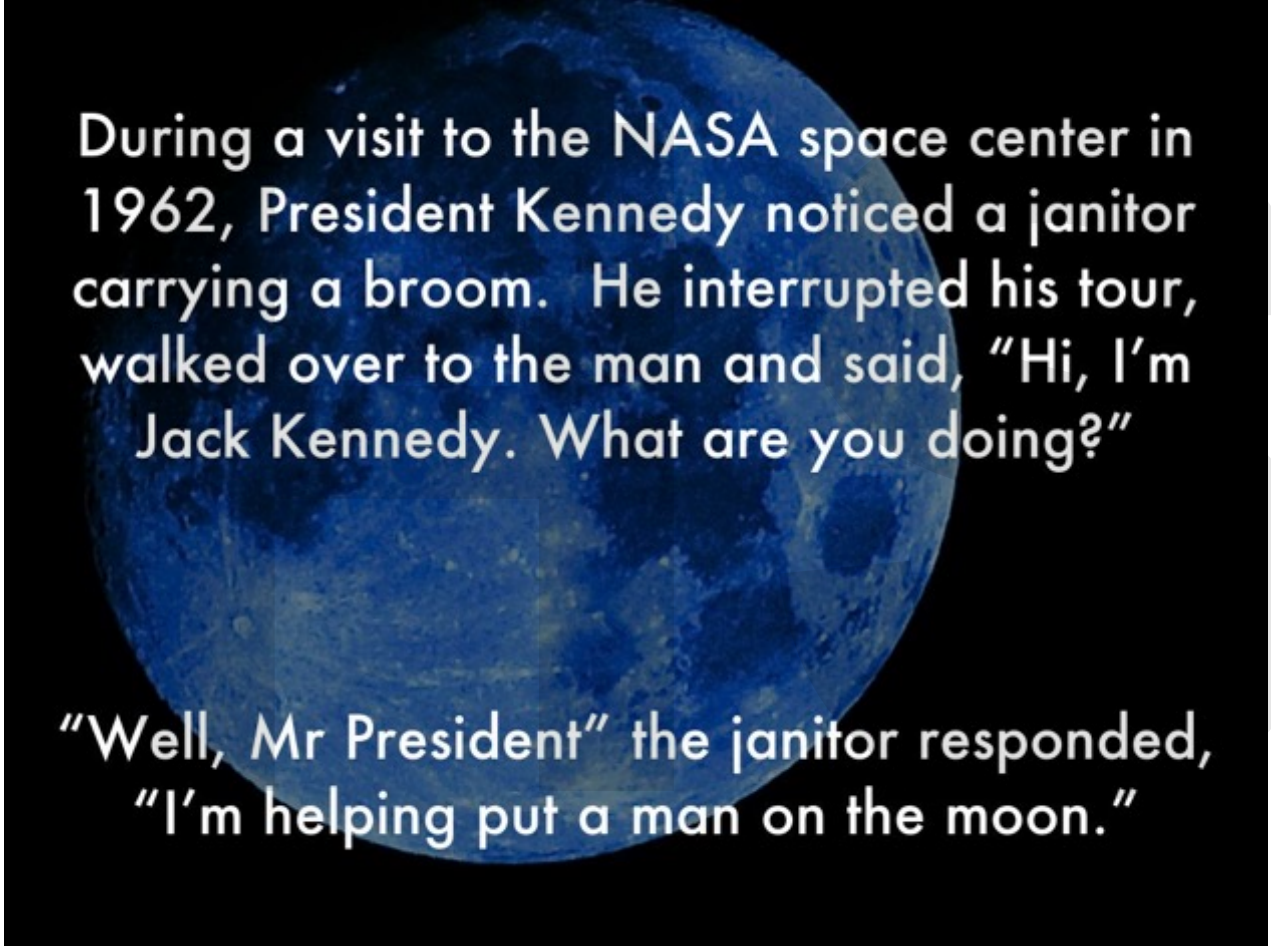
- <https://youtu.be/Y479yvRVYAE>

Leadership/followership

4 mins

Every worker at NASA is valued for the work they do, read the slide on the right and discuss what you think it implies.

Q- What do we do at St Joseph's that is like the approach taken by NASA?



During a visit to the NASA space center in 1962, President Kennedy noticed a janitor carrying a broom. He interrupted his tour, walked over to the man and said, "Hi, I'm Jack Kennedy. What are you doing?"

"Well, Mr President" the janitor responded, "I'm helping put a man on the moon."

Lessons from the best

The All Blacks

Perhaps the world's most successful sports team in history. Not due to luck but because of the values and culture they believe in. The character that they try and build in every team member, how they strive to be the best, how they pull together and how they want to learn more about themselves.

You do not have to be a big sports fan to appreciate why The New Zealand All Blacks are the best.



Lessons from the best

The All Blacks

- <https://youtu.be/5BNTyW6wUkU>

15 lessons in creating outstanding results

7.50 mins

A fantastic book called 'Legacy' has been written and the author breaks down The All Blacks incredible success to 15 'non negotiables'.

Q- What are your 'non negotiables' to being successful?

Q- Which of the 15 spoken about in the video do you think you have?

Q- Which of the 15 do you think you need to improve on?

*Mā te rongo, ka mōhio;
Mā te mōhio, ka mārama;
Mā te mārama, ka mātau.*

From listening comes knowledge;
From knowledge comes understanding;
From understanding comes wisdom.





Lessons from the best

Triangles

In our modern world there are examples of strength all around us and especially why triangles are so important.

We all need elements of strength in our life, not necessarily in a physical sense but perhaps determination, resilience, character building or learning from mistakes.

So, if we are going to build something surely, we want it to be stable, safe, and able to last.

Q- Isn't this the same when we are building our future?

Lessons from the best

Triangles

- <https://youtu.be/mBHJtWbsiaA>

5.20 mins

The engineer in the short video speaks about stabilise, support and stiffen when using triangles.

Q- Can you think of other reasons to use triangles?

You, home and school?

3 gospel virtues?

Effort, sacrifice and ambition?

