

**10 MINS**

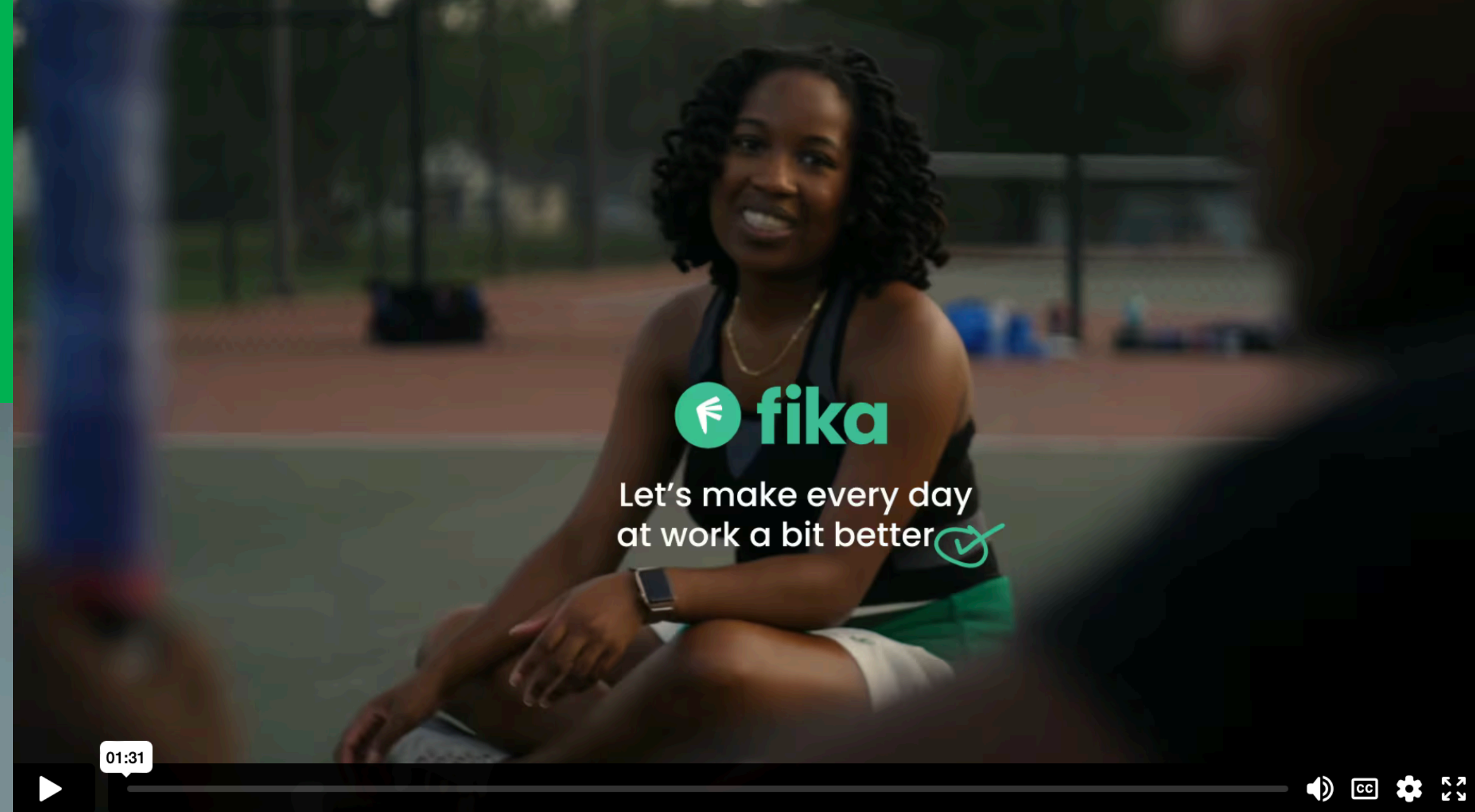
# rupert murrell

How I used a bit of adult learning theory to inform and improve my training delivery

fika



**Dr Fran**  
performance psychologist



fika



# Do you need mental health support?

## We're here for you

If you are struggling with how you are feeling and would like some support, we are here to help. Take the first step on your journey to better mental health by contacting our friendly Help point team

Contact Help Point









Building on  
Experiences





# West Sussex mind

We Will

MAY BE

We Won't

NO BULLYING

SWEAR WORDS

INHERDGS?

NO GRAPHIC IMAGES

NO SELF HARM IMAGES

NOT GIVING OWN 'EXPERT' ADVICE

NO PORN

NO SPAM

NO SEXUAL CONTENT

NO RELIGION

NO RACISM

NO POLITICS

ADMINS CAN

DELETE MESSAGES IN APP.

GAIN EV. FIRST SECTOR SPOT

ADMIN CHAT

TEMP BLOCK USER

GROUP NAME SET

FLAG TO MATT

COMMENT ON IN APP. COMMENTS

POSTING LINKS TO EXTERNAL.

ADMINS CAN'T

REMOVE PEOPLE

EXPERTS NOT A ADVICE

ADD NEW PEOPLE



# Social anxiety disorder in adolescents | Part 1



Please watch part 1 and then click "next" to answer questions based on what you've learnt.

Curiosity





Curiosity vortex





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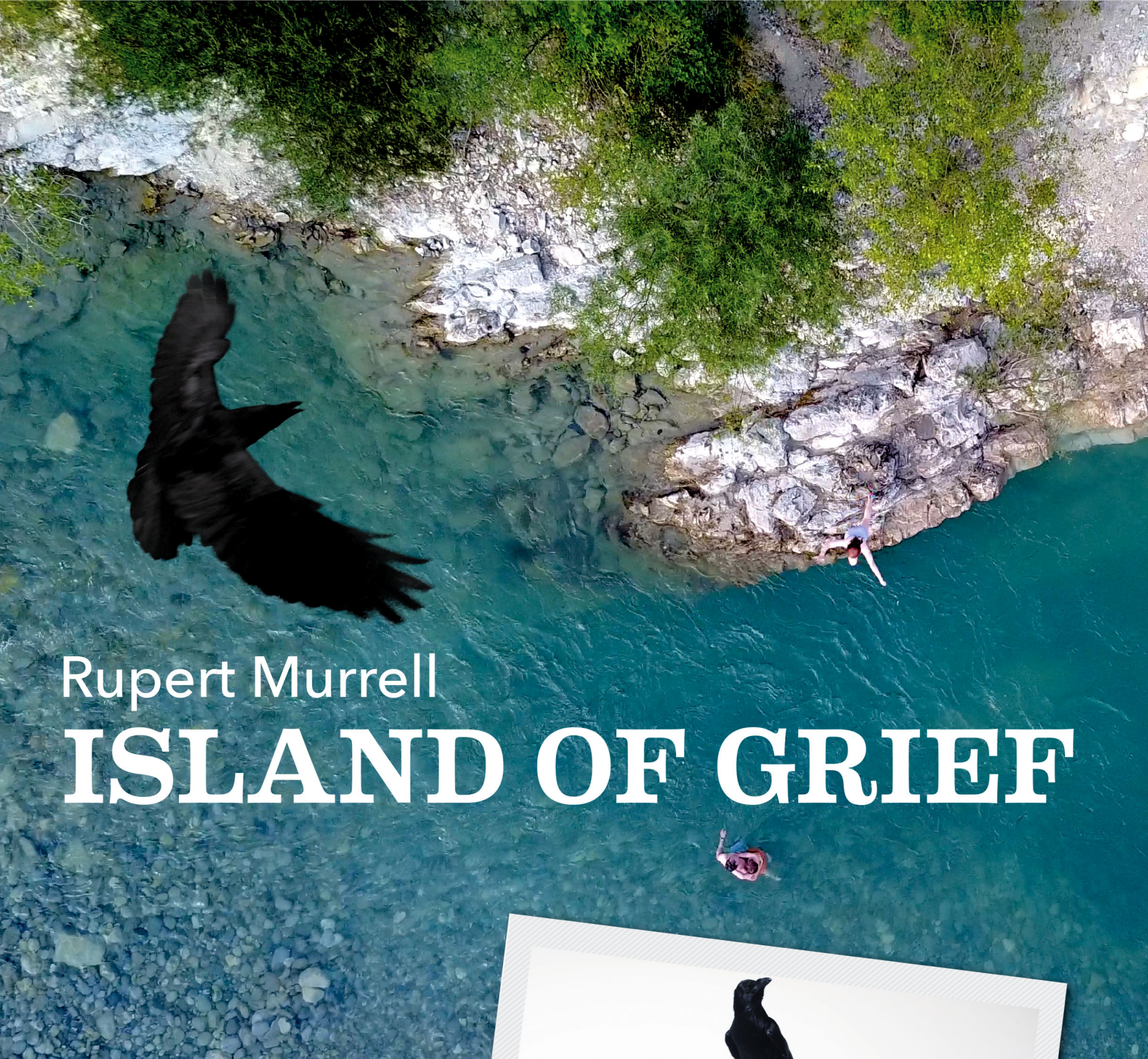
**Jason Sinclair**  
equality, diversity & inclusion expert











Rupert Murrell  
**ISLAND OF GRIEF**



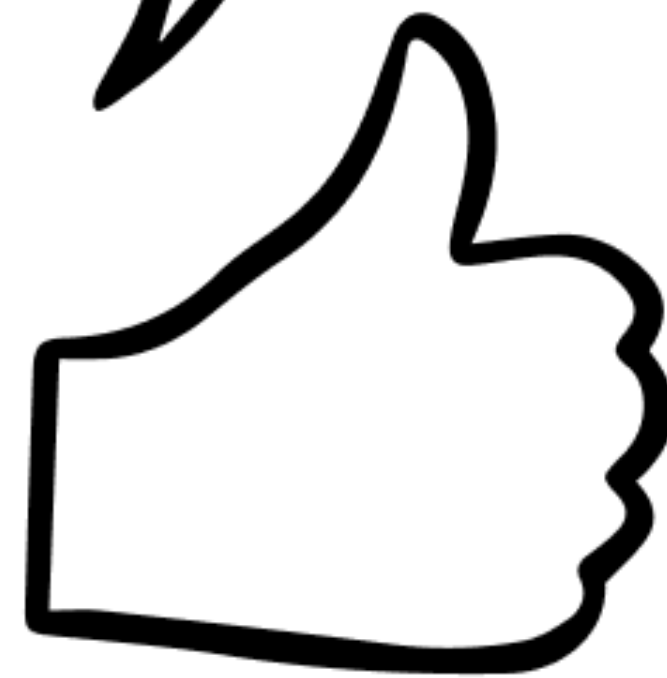
CHARITY  
**FILM**  
AWARDS  
SILVER



ethnografilm  
OFFICIAL  
SELECTION  
2019

**CINECITY**







Worried that your  
people may be *struggling*  
and *not speaking out?*



**How we help**

# Make a little space for Fika each week for happier, more inclusive teams



## Talk about the tough stuff

Unhelpful stress and panic is inevitable sometimes. So why don't we just talk about it more? Get stuff off your chest in a healthy way, move on, smash what's next.



## Better connect with hybrid teams

Hybrid is great, but it's hard to connect, right? Fika's virtual team building uses psychological techniques to help you connect in new ways and make some space to laugh together each week.



## Make inclusion a team priority


Fika is a key part of your inclusion strategy with every team exercise designed to give each member of your team equal space to contribute.



## Prepare for big challenges, together

Fika exercises can be used ahead of big deadlines and busy periods to better prepare the team. Build your resilience together and learn to really help each other.





let's train  
**together**

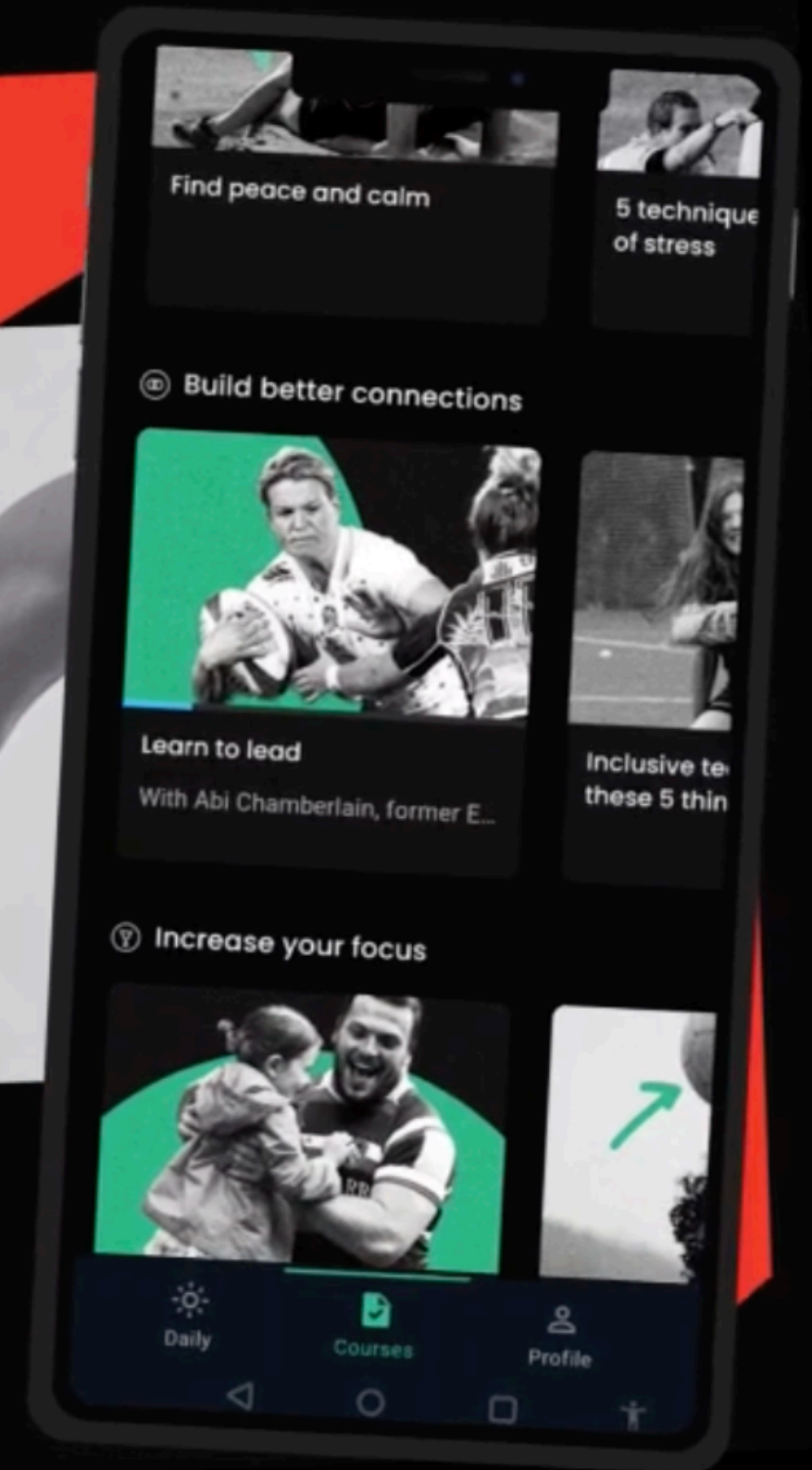
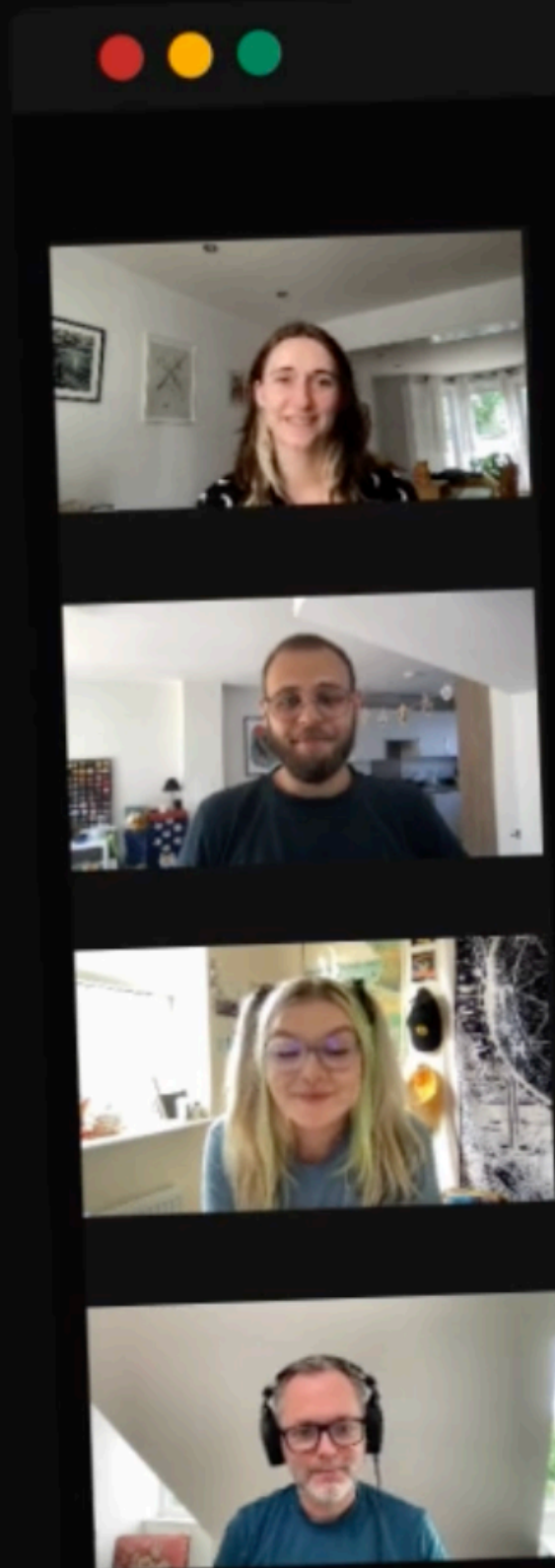




hello  
THANKS!



together *and*  
on your own





92



noticed

**improvements**

in trust, communication and togetherness







- scapegoat
- hero
- victim
- persecutor
- rescuer
- peacekeeper
- bystander
- constant talker
- isolate
- aggressor
- leech (drainer)
- giver
- communicator
- clown
- tension reliever
- silent member
- grumbler
- sympathiser
- agreeer
- lost child
- rebellious teen
- minimiser
- rival



"We're going to need one or two scapegoats.  
 Are there any volunteers?"

.....please add!

(See Systemic and Family Structure Therapy)





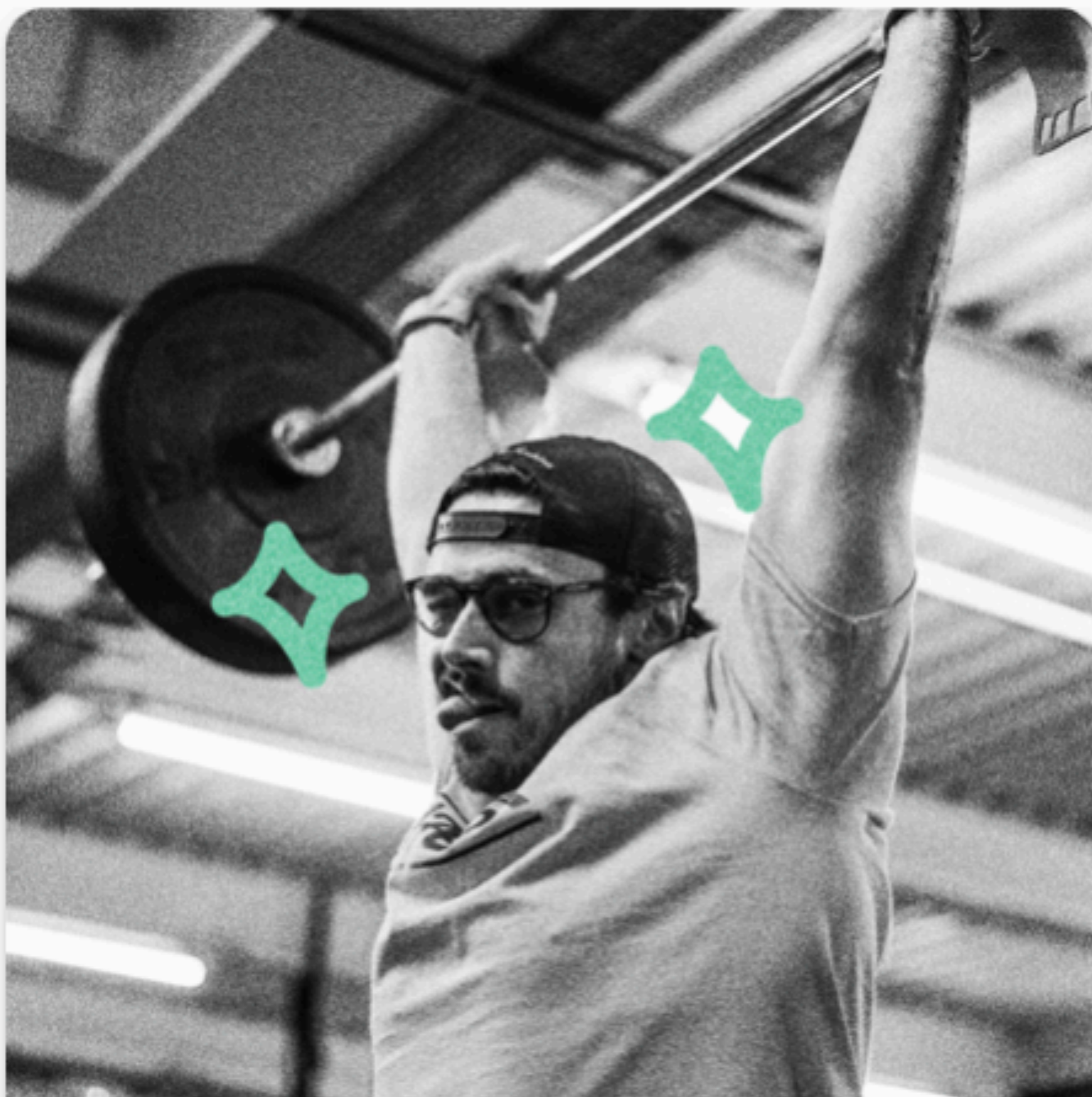


**Why should I learn this?**






# Become more positive every day




**P177 Thrive under new pressures – this has...**

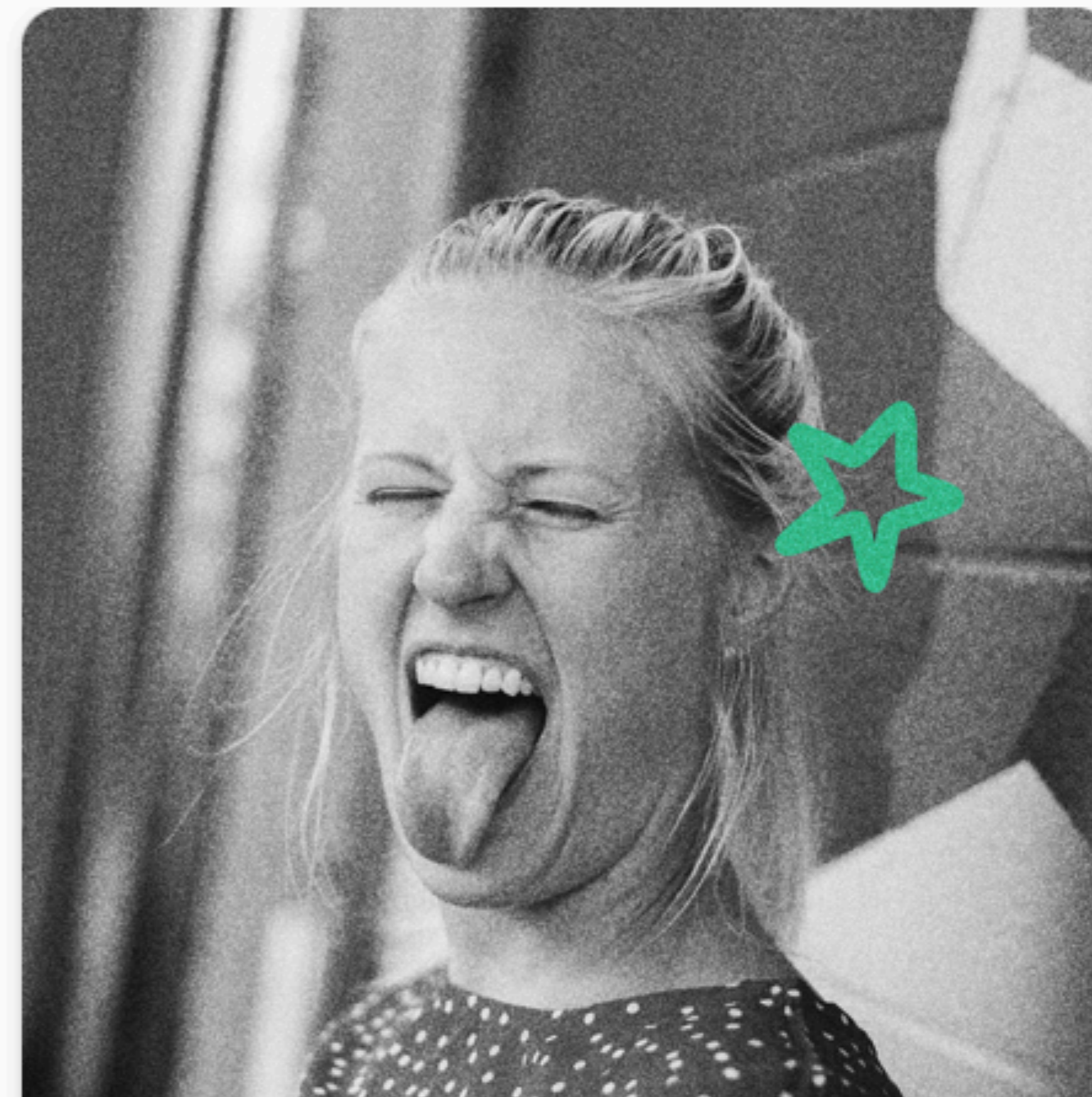
For your new role

 Connection, 4 more




**Get out of a rut in your work routine**

 Positivity, 2 more



**Invest time in yourself**

For team leaders

 Stress, 3 more



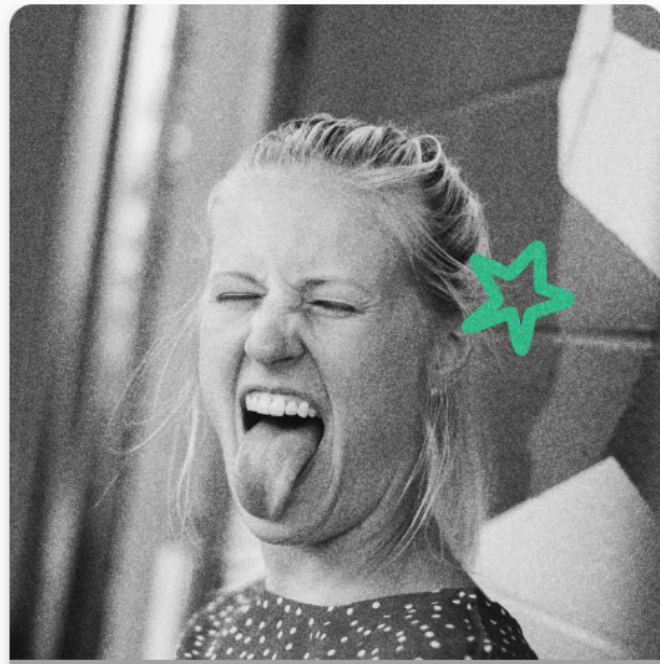
☆ Shared with you



5 ways to communicate with authority

With Rebecca Leppard, communication expert

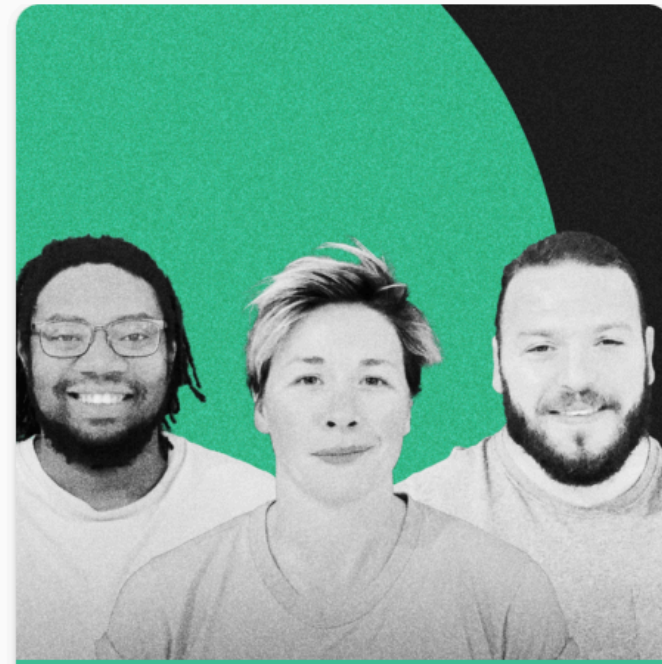
☀ Confidence, 1 more



Invest time in yourself

For team leaders

☹ Stress, 3 more



G1 Get started with mental fitness

Welcome tutorial

∞ Want to be better teammates for each other?



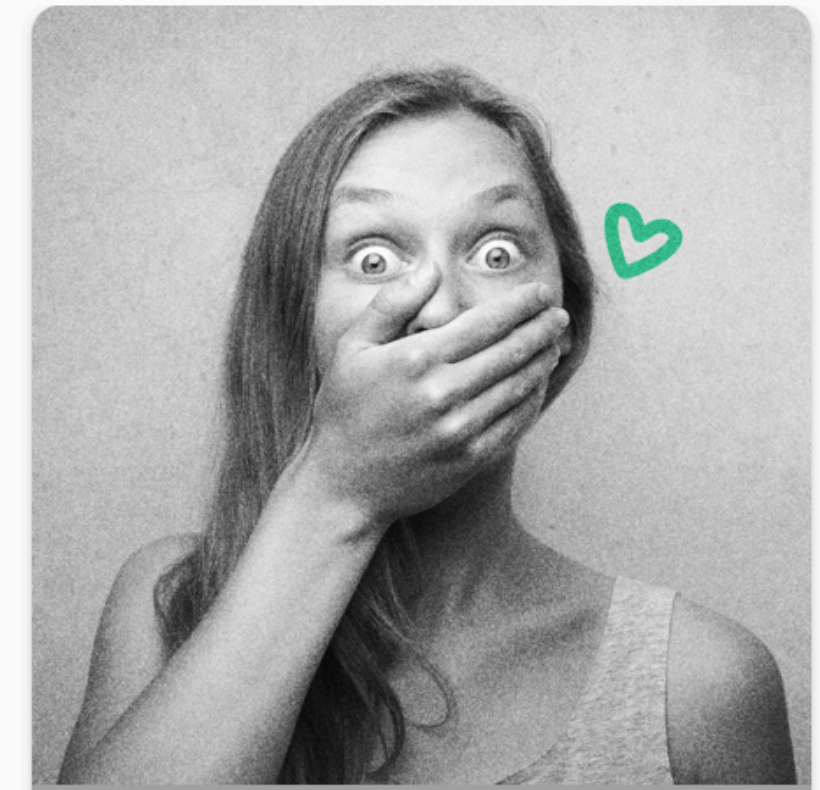
P184 - Inclusive teammates do these 5...

∞ Connection



5 secrets to great relationships

∞ Connection



Hate giving feedback? We got you!

☀ Positivity, 2 more

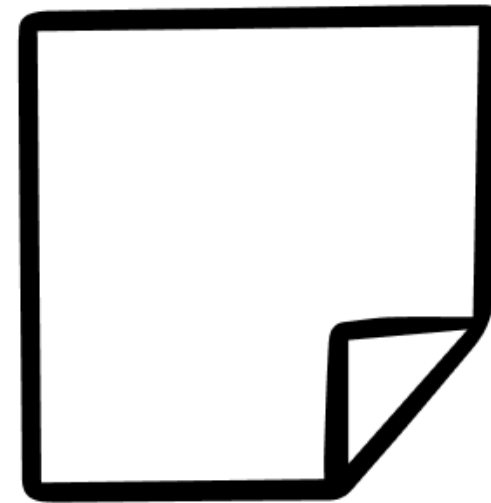




 **Dr Fran**  
performance psychologist



*Tailored to  
the Client*



***GREAT!***

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 **Watch Nwando's story**

Nwando shares how Fika helped her small team better appreciate they each bring value as individuals, helping them better connect as a group.







# Our comprehensive learning management system - **Form LMS**

Form is the new Learning Management System (LMS) from Me Learning. It's a fresh and modern platform that makes delivering your organisation's learning effortless.

**Find out more.**



# How I used a bit of adult learning theory to inform and improve my training delivery

I worked with a team of psychologists to carefully craft the workplace training to help people make each day at work a bit better. Courses focused on: Stress management, Positivity, Motivation, Confidence, Focus, Meaning and Connection.

I facilitated workshops with clients, volunteers and staff to discover their needs and then built training and services designed around the needs and abilities

I designed training to help staff become better and more creative educators.

Start with a question that we will come back to at the end of the presentation.

Question?

Which one of these elements in adult learning theory is most important to you?

Question?

Which one of these elements in adult learning theory is most important to you?

Which one of these elements in adult learning theory is most important to you?

- Building on Experiences (Yellow circle, icon: three arrows pointing up)
- Curiosity (Blue circle, icon: coffee cup)
- Problem Solving (Red circle, icon: thumbs up with 'DONE!' speech bubble)
- Social Learning (Purple circle, icon: speech bubble with 'WOW!' and 'hello THANKS!')
- Why (Light green circle, icon: question mark and hand)
- Tailored to the Client (Dark green circle, icon: document with 'GREAT!')

hello Rupert Murrell

my background Fika

West Sussex Mind

Brighton College

Curiosity vortex

Worried that your people may be struggling and not speaking out?

Make a little space for Fika each week for happier, more inclusive teams

let's train together

together and on your own

92% improvements

85% improvements

Why should I learn this?

Become more positive every day

Watch Neeraj's story

What helps us cope

Our comprehensive learning management system - Fika LMS

Which one of these elements in adult learning theory is most important to you?

Building on Experiences (Yellow circle, icon: three arrows)

Curiosity (Blue circle, icon: coffee cup)

Problem Solving (Red circle, icon: thumbs up)

Social Learning (Purple circle, icon: speech bubble)

Why (Light green circle, icon: question mark)

Tailored to the Client (Dark green circle, icon: document)

ISLAND OF GRIEF

Tailored to the Client (Dark green circle, icon: document)

GREAT!

Navigation bar with icons: back, hand, pencil, sticky notes, shapes, text, list, grid, person, Jambot logo, GREAT!, plus sign.