

# MAX POTENTIAL

*Become more, to have more*™

Student Motivation | Focus | Stress | Achievement



With Luke Georgiou



# TODAY

1. Nutrition & Lifestyle techniques
2. Connecting to your WHY
3. Creating a powerful & Inspiring Learning environment
4. Self-esteem and belief (Hopefully)

# TOP LIFESTYLE RULES TO HELP WITH STRESS & FOCUS

1. Eat breakfast – Complex Carbohydrates/Good Fats
2. Avoid high sugar foods – Sweets, simple carbs, excess fruit – Sugar spikes and mood swings
3. Exercise TCM (Best times – Between 5am-7am & 9am-11am) Walks are good in the evening. Digestion, metabolism, cortisol.
4. Socialise (Blue Zones)
5. Get to sleep between 9pm-11pm (Liver & G Bladder)

# NUTRITION FOR THE BRAIN

[Dark chocolate](#) and cocoa powder are packed with brain-boosting compounds, including flavonoids, caffeine and antioxidants.

The flavonoids in chocolate gather in the areas of the brain that deal with learning and memory. Researchers say these compounds may enhance memory and also help slow down age-related mental decline

In one study including over 900 people, those who ate chocolate more frequently performed better in a series of mental tasks, including some involving memory, than those who rarely ate it.

# NUTRITION FOR THE BRAIN

## Other foods that improve brain function

- Blueberries
- Oranges
- Pumpkin seeds
- Turmeric
- Fatty Fish Omega 3's
- Nuts
- Antioxidants & Omega 3's
- Vitamin E shields cell membranes from free radical damage, helping slow mental decline



# YOUR GOAL

## STRATEGIC PLANNING FORM | GOALS

*"I've learned that people will forget what you said , people will forget what you did, but people will never forget how you made them feel"*  
Maya Angelou

### MY WHY:

GOAL (How much by when): \_\_\_\_\_

\_\_\_\_\_

STRATEGY:

1:

2

3

WEAKNESS:

SOLUTIONS:

# HOW MUCH BY WHEN?

## Person A

**Don't outline how much or  
by when**

I want all students to pass

Provide more 1-1 support for  
students

## Person B

**Outlines how much by when**

I want all students to pass with  
distinction by 25<sup>th</sup> July 2019

Create an open door staff surgery  
for students every Wednesday at  
1pm from the 10<sup>th</sup> June 2019



# YOUR WHY

## STRATEGIC PLANNING FORM | GOALS

*"I've learned that people will forget what you said , people will forget what you did, but people will never forget how you made them feel"*  
Maya Angelou

### MY WHY:

GOAL (How much by when): \_\_\_\_\_  
\_\_\_\_\_

STRATEGY:

1:

2

3

WEAKNESS:

SOLUTIONS:

# STUDENT FOCUS

"I would like to pass all my exams with A's. I want my grades to reflect my hard work through-out the year and make my Mum and Dad proud"

# CREATING THE ENVIROMENT

- Impacting their physiology – Music, Food, breathing, exercise
- Law of the lid – Enthusiasm!!!! The ingredients and the icing
- Social opportunities – Revision groups & peer based learning
- Self esteem – How much praise to you give? How much 1-1 support do you offer? How many opportunities do you allow for peer praise? Do they know you care?

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