



Kim van Kets



Peter
van Kets

Session: Being a +1

Session 2: Building Resilience

**Sunday 29 August, Wyvern Club
Book your ticket now!**

Kingswood is lucky enough to have both Kim *and* Peter visiting to take pupils and staff through a series of inspirational talks and workshops to kick off the Spring Term. While on campus Peter and Kim will be hosting two workshops on Sunday the 29th of August which is open to the public:

Workshop 1: "Being a +1" (10h00)

Workshop 2: "Building Resilience" (14h00)

Date and Venue: Sunday 29 August, Wyvern Club, Kingswood College

R100pp per workshop, or R150 to attend both

To Book: Contact Mr. Pieter Serfontein on 079 891 7983 or P.Serfontein@kingswoodcollege.com

Workshop 1: "Being a +1"

Over the years, I've realised that in any situation, whether it involves an elevator, a rowing boat or a dog sled team, you will almost certainly be viewed in one of three ways. As a minus one: actively harmful, someone who creates problems. Or as a zero: your impact is neutral and doesn't tip the balance one way or the other. Or you'll be seen as a plus one: someone who actively adds value. Everyone wants to be a plus one, of course.

In this first session Kim and I want to speak about being a plus one. At home and at work, school or university because you can't separate them.

But how to actually be a plus one? The guidelines are endless, but we would concentrate on about four key points

From the outset I think that language is important. Especially in a team situation. We need words that we all understand in the same way to quickly communicate a common thought or goal. This is useful terminology and everyone immediately gets it. (I can say to my 16 year old: "*Hannah, I need you to be a plus one right now. We have a crisis on our hands*". No further explanation needed.)



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(I like the idea of using "Note to self" - it implies taking ownership)

- **Note to Self No 1.** Develop self-discipline/routine in the good times - it's what holds things together in the tough times.
- **Note to Self No 2.** Reward yourself, but only when you have earned it. Make this part of your daily routine.
- **Note to Self No 3.** Take time to take care of the important stuff before you find a crisis on your hands. Preventative maintenance is key!
- **Note to Self No. 4** Continuous improvement must become a culture

Workshop 2: "Building Resilience"

There is a process that we can put in place to allow us to become more resilient. It's not just a DNA thing.

- **Note to Self No 1.** Develop a good attitude and be enthusiastic - it's the foundation of resilience.
- **Note to Self No 2.** Surrounding yourself with the best possible team of people
- **Note to Self No 3.** Being properly prepared, training hard and not being paralysed by the fear of failure
- **Note to Self No. 4** Having a clear, but flexible strategy & being decisive