

5 DAY SCHOOL

WELCOME

The best of The School of
Life condensed into a single,
unforgettable week.

WELCOME

The School of Life is a global organisation dedicated to teaching skills not covered by the regular education system, skills that develop emotional intelligence and psychological well-being.

We cover such themes as: how to choose our partners more wisely; how to make relationships last; how to identify our professional talents and succeed in the workplace; how to manage anxiety, regret and shame; how to focus on our goals and more regularly experience gratitude and serenity.

Our materials aim to spare us time and the costliest mistakes of our emotional lives. They are also, along the way, extremely entertaining.

ITINERARY

DAILY TIMETABLE†

09.40	Tea & Caoffee on arrival
10.00	Morning Session
13.00	Lunch Break
14.00	Afternoon Session
17.00	Drinks

DAY 2 ADDITIONS†

18.00–20.30	Conversation Dinner
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DAY 4 ADDITIONS†

08.40	Breakfast
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† All times are subject to change

OVERVIEW

DAY 1

The first day of the Summer School is designed to equip us with the core skills of Emotional Intelligence. We will learn why our minds have a hard time understanding themselves, how to map and understand our anxieties, and how and why we characteristically respond to frustration.

DAY 2

The second day of the Summer School takes us on a structured journey around resilience in the face of stress. Agitation is always in essence a mental phenomenon, it is a result of ideas- and a calm mind-set therefore relies on having to hand a raft of calming ideas that can be called upon in moments of panic. On this day we will learn to practice and rehearse our skills at love. In the evening, we will attend a Conversation Dinner in a local restaurant – learning to overturn small talk and master the art of opening up our deepest selves.

DAY 3

The third day of the Summer School teaches us how to choose our partners wisely and make our relationships last. One of the gravest errors we make around relationships is to imagine that

DAY 3 – CONTINUED

they aren't things we can get wiser or better at. On this day we will learn to practice and rehearse our skills at love

DAY 4

The fourth day of the Summer School teaches us how to achieve our career potential. We will employ psychological tools to be better able to understand our talents and to move forward using the opportunities that are open to us. The day begins with a Philosophy Breakfast – considering what three of the greatest thinkers of all time have to say about the art of living wisely and well.

DAY FIVE

The final day of the Summer School explores creative thinking in life and work. Many of the challenges we encounter in modern life require us to develop creative solutions to complex problems. And even when we're not tackling big problems, continuously improving the way we live using invention and imaginative strategy is deeply important.

LOCAL FOOD & DRINK

Bon Vivant

French style café, across the road from the School of Life classroom.

75 – 77 Marchmont Street
London, WC1N 1AP

Pizza Sophia

Great local pizzeria a one minute walk from the School of Life classroom, with an excellent selection of pizzas and starters.

50 Tavistock Place
London, WC1H 9RG

Fork Deli

Bustling little independent café with artisan coffee and delicious food, a three minute walk from the classroom, also the providers of our breakfasts!

85 Marchmont Street
London, WC1N 1AL

Bloomsbury Coffee House

Beautiful basement coffee shop with great homemade food, a 5 minute walk from the classroom.

20 Tavistock Place
London, WC1H 9RE

Simmons Bar

32 Caledonian Rd
London, N1 9DT

Noble Rot

51 Lamb's Conduit Street
London, WC1N 3NB

Yo Sushi

Fast and fresh sushi, a one minute walk from the classroom.

The Brunswick Centre
Marchmont Street, London, WC1N 1AE

Drink, Shop & Do

Quirky vintage design shop and cafe bar, with regular activity nights and dancing on Friday and Saturday.

9 Caledonian Road
London, N1 9DX

Alara

Health food shop with vegetarian and vegan hot buffet take-away a two minute stroll from the School of Life classroom.

58 – 60 Marchmont Street
London, WC1N 1AB

Lamb's Conduit Street

Head down Lamb's Conduit Street to find a range of independent shops and restaurants including The Lamb Pub, The People's Supermarket, Folk Mens, Kennards Café, Persephone Books.

Lamb's Conduit Street
London, WC1N 3LZ

LISTEN, WATCH, DO & STAY

CINEMA

Curzon Bloomsbury
The Brunswick Centre
WC1N 1AW

BFI IMAX Cinema
1 Charlie Chaplin Walk
SE1 8XR

MUSEUMS

The British Library
96 Euston Road
NW1 2DB

The Wellcome Collection
183 Euston Road
NW1 2BE

Charles Dickens Museum
48 Doughty Street
WC1N 2LX

The British Museum
Great Russell Street
WC1B 3DG

Sir John Soane's Museum
13 Lincoln's Inn Fields
WC2A 3BP

GALLERIES

Lisson Gallery
67 Lisson Street
NW1 5DA

October Gallery,
24 Old Gloucester Street
WC1N 3AL

THEATRE, OPERA AND MUSIC

The Royal Opera House
Bow Street
WC2E 9DD

Duchess Theatre
3-5 Catherine Street
WC2B 5LA

ACCOMMODATION

There are a variety of places to stay – from hotels to hostels – that will suit your requirements. We recommend searching our post code (WC1N 1AB) in TripAdvisor and Airbnb.

FACULTY†



Raul Aparici is Programme Producer at The School of Life and looks after all the public events in our classroom and off-site. He is also a consultant, coach and facilitator. With a diverse background that includes a career in the fitness industry, a BA in English Literature and an MA in Critical Theory, he likes to match academic insights with commercial pragmatism, while living in the real world. He provides Equine Assisted Coaching and Leadership Consulting with Operation Centaur in Richmond Park and

he is a Visiting Faculty member on the Coaching (PG Cert) Programme at Birkbeck College, University of London.



Maurits Kalff is a psychologist, coach, trainer and magistrate, based in London. He studied Psychology at the University of Amsterdam, in his native Netherlands. After qualifying as a research psychologist he climbed a corporate ladder, only to conclude that professional autonomy is a more rewarding premise to satisfy his curiosity. He set up a coaching psychology practice, working in both the public and private sector. From working with people living with chronic illness to investment bankers, the focus

is on quality of life, fulfilling careers and relationships. In his free time, Maurits spends a disproportionate amount of time in the theatre.

† Faculty members are subject to change



DISCOVER

To find out more about The School of Life browse our website or visit us again:

70 Marchmont Street
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Monday – Saturday
10.00 – 18.00

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**THE
SCHOOL
OF LIFE**