

# 5 DAY SCHOOL

WELCOME

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

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

## DAY 1

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09.00 – 09.30	Registration over tea, coffee & pastries
09.30 – 10.30	Welcome to 5 Day School
10.30 – 17.00	Introducing Emotional Intelligence †

## DAY 2

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09.30	Tea, coffee & pastries
10.00 – 17.00	Developing Calm and Resilience †
19.00 – 21.30	Conversation Dinner

## DAY 3

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09.30	Tea, coffee & pastries
10.00 – 17.30	Making Relationships Last †
17.30	Local drinks

## DAY 4

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09.30	Tea, coffee & pastries
10.00 – 17.30	Achieving Your Career Potential †
17.30	Local drinks

## DAY 5

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09.30	Tea, coffee & pastries
10.30 – 13.30	Storytelling as Therapy †
14.30 – 17.30	The Meaning of Life †
17.30 – 19.00	Graduation Drinks

† There will be daily lunch breaks and regular comfort breaks with tea and coffee available throughout the week. Timing for these will be agreed by the group and tutor.

# OVERVIEW

## DAY 1

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The first day of the 5 Day 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

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The second day of the 5 Day 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 mindset therefore relies on having to hand a raft of calming ideas, that can be called upon in moments of panic. In the evening, we will attend a Conversation Dinner, learning to overturn small talk and master the art of opening up our deepest selves.

## DAY 3

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The third day of the 5 Day 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 they aren't things we can get wiser or better at. On this day we will learn to practise and rehearse our skills at love.

## DAY 4

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The fourth day of the 5 Day 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.

## DAY 5

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The final day of the 5 Day School explores storytelling as therapy and finding meaning in our lives. When we suffer it can be hard to think straight. When we can't think straight it is hard to find relief from our suffering. Storytelling requires us to think straight and is a tried and tested method for coping with and understanding personal crises, depression, anxieties, stress and traumatic events. We conclude with an exploration of how we can gain and maintain meaning in our lives.

# LOCAL FOOD

## **SURRY HILLS**

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### **About Life**

About Life is a Wholfoods supermarket and self-serve organic cafe that offers farm fresh and local ingredients

285 CROWN ST, SURRY HILLS

### **Suzie Q**

Bustling little cafe a 2min stroll from The School of Life that serves up seasonal, thoughtful and creative dishes in a slightly higher price range.

1/18 HUTCHINSON ST, SURRY HILLS

### **Woolworths**

Many quick and cheap food options are now available at Woolworths, which is just opposite The School of Life including salads and sushi.

413-417 BOURKE ST, SURRY HILLS

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# LISTEN, WATCH & DO

## CINEMA

Palace Verona  
17 OXFORD ST, PADDINGTON

Chauvel Cinema  
249 OXFORD, PADDINGTON

Golden Age Cinema & Bar  
80 COMMONWEALTH ST, SURRY HILLS

## MUSEUMS AND GALLERIES

Brett Whiteley Studio  
2 RAPER ST, SURRY HILLS

Blank\_Space Gallery  
201 ALBION ST, SURRY HILLS

Roslyn Oxley9 Gallery  
8 SOUDAN LN, PADDINGTON

Museum of Contemporary Art (MCA)  
140 GEORGE ST, THE ROCKS

Art Gallery of New South Wales  
ART GALLERY RD, SYDNEY

White Rabbit  
30 BALFOUR ST, CHIPPENDALE

## THEATRE AND MUSIC

Belvoir St Theatre  
25 BELVOIR ST, SURRY HILLS

Giant Dwarf  
199 CLEVELAND ST, REDFERN

Venue 505  
280 CLEVELAND ST, SURRY HILLS

Eternity Playhouse  
39 BURTON ST, SURRY HILLS

## BOOKSHOPS AND LIBRARIES

Surry Hills Library  
305 CROWN ST, SURRY HILLS

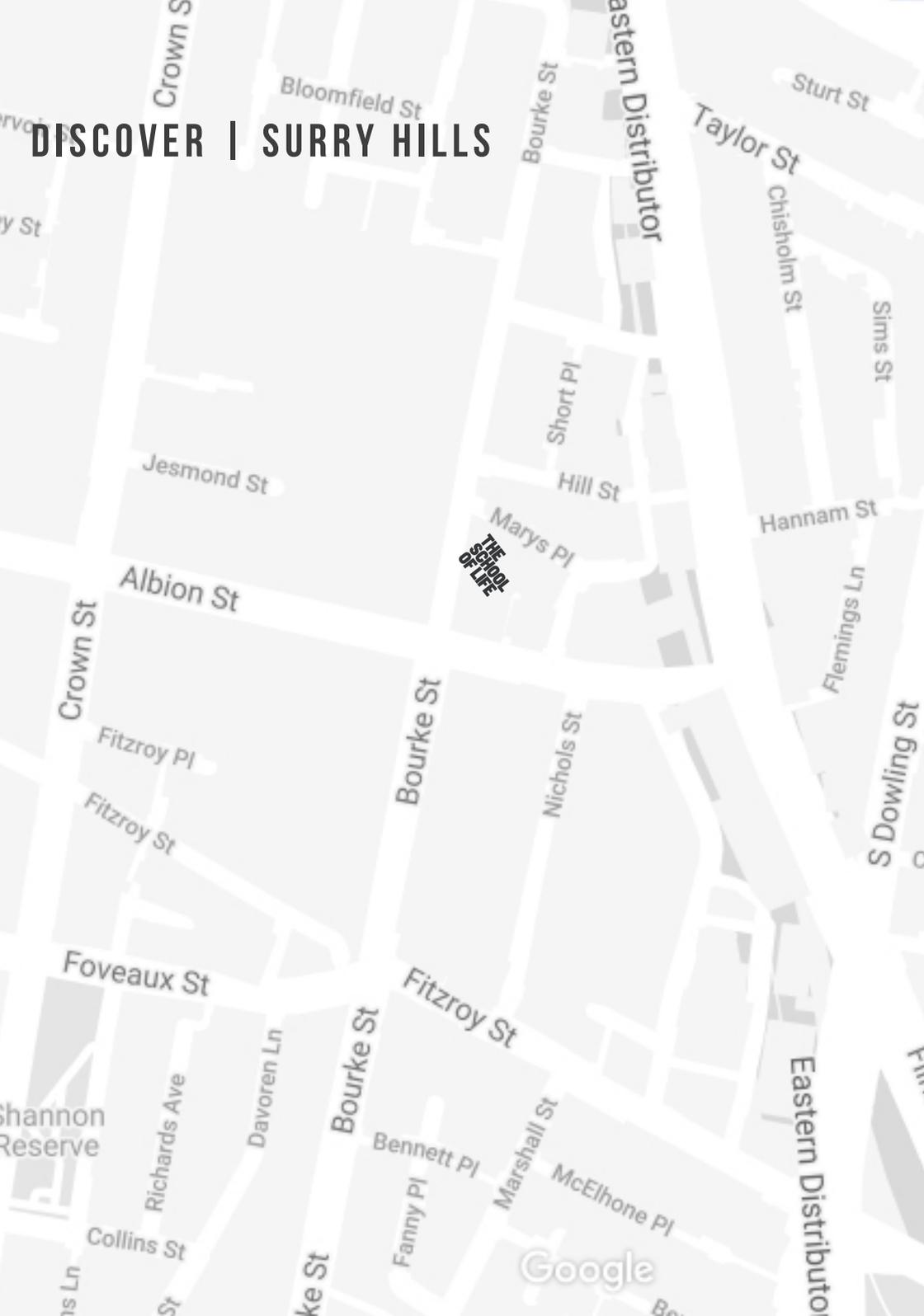
Ampersand Cafe & Bookstore  
78 OXFORD ST, PADDINGTON

TITLE Book & Record Store  
499-501 CROWN ST, SURRY HILLS

# DISCOVER | SURRY HILLS

THE  
SCHOOL  
OF LIFE

Google



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OF LIFE**

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

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