

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

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 †
17.10 – 18.00	Welcome Drinks

DAY 2

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

DAY 3

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

DAY 4

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

DAY 5

09.30	Tea, coffee & pastries
10.30 – 13.30	Generating Creativity †
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

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

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

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

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

The final day of the 5 Day 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

SURRY HILLS

Gratia Cafe

Gratia cafe is just underneath The School of Life and is a social enterprise that donates 100% of its profits to charity, which you can choose when you dine here.

370 BOURKE ST, SURRY HILLS

About Life

About Life is a Wholefoods 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

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

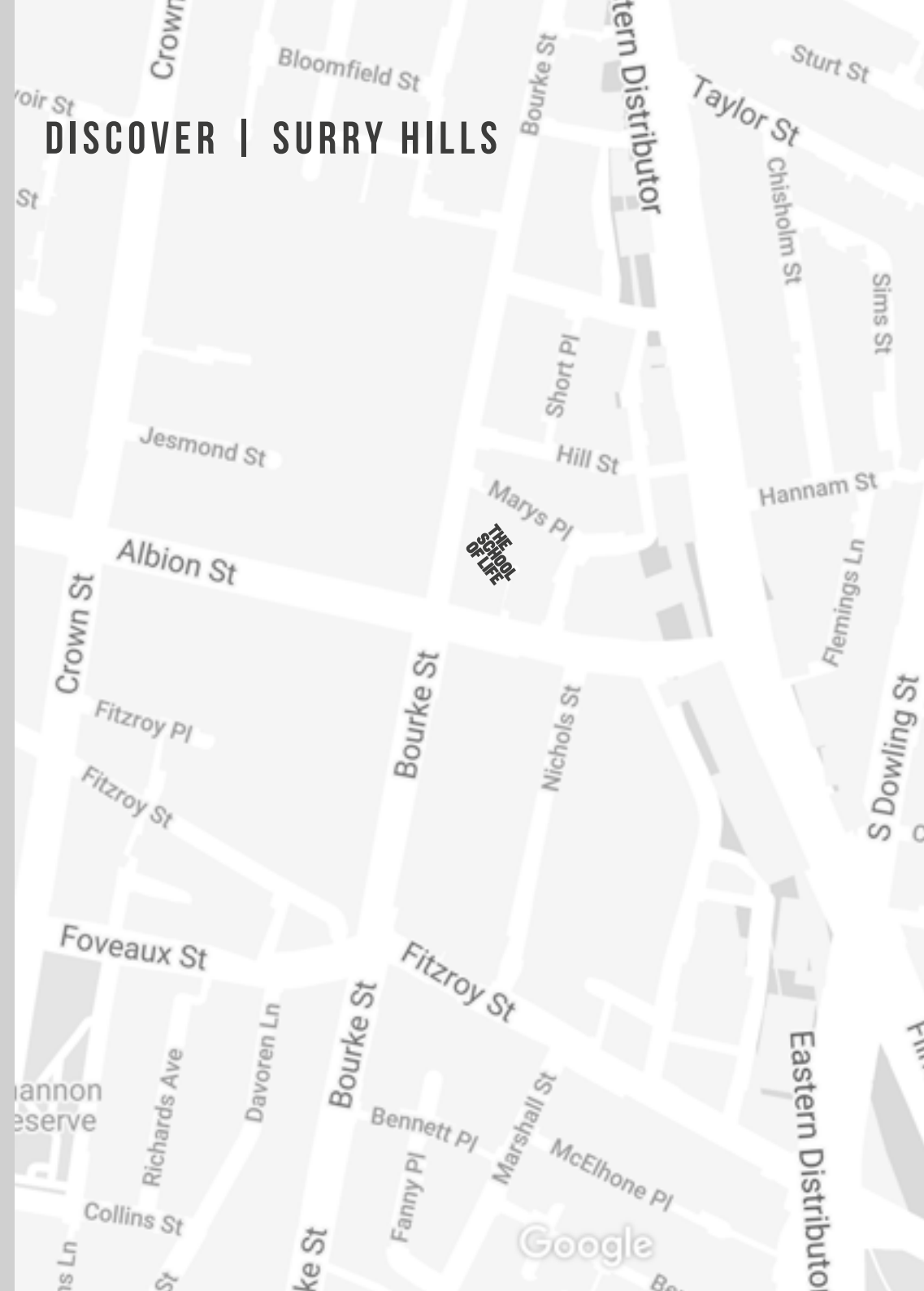
BOOKSHOPS AND LIBRARIES

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**

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

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