

FREE WORKSHOP: IN YOUR SCHOOL

Criticality and Wellness Training

In this workshop, pupils will learn how to develop critical thinking skills and optimise health and well-being for their own study, work and life success.

Did you know?

Every university in the UK provides their international students with 3 months training in English for Academic Purposes (EAP) - *How to succeed academically, at work, and in life* - because:

- 85% of people worldwide feel disengaged in their job (Gallup, 2017).
- 91% of illness and death in Europe is because of life-style choices (WHO, 2017).
- 25% of people will be depressed by 2023 (University of Kansas, 2013).
- The demand for critical thinking skills has increased 158% in the workplace (FYA, 2015)

What will they learn?

Participants will explore the science of criticality and wellness, and learn how to master critical thinking for informed decision making and a happy, successful and fulfilling life.

Wellness is a buzzword in personal development communities today, but the term originates from the work on High Level Wellness by Dr. Halbert L. Dunn (M.D., Ph.D.).

Wellness does not just mean physical and mental health. It is when people become aware of, and make active choices towards, a more successful existence.

High-Level Wellness is the presence of purpose in life, active involvement in satisfying study, work and play, joyful relationships, a healthy body and living environment, and the presence of happiness.

However, we also need to know *how* to make the right choices in order to effectively increase health, happiness and purpose.

Criticality, or critical thinking, is the ability to be able to explore and analyse with objective and open-minded evaluation, so that we are able to make the most informed and effective decisions in life.

When?

16-19 March 2020

Month of April 2020

More Info: <http://roboto.info>

Contact: roboto@wakeupworld.education

BOOK YOUR FREE WORKSHOP TODAY

Criticality and Wellness Training

by

Robert Chatwin, Tutor of English for Academic Purposes (EAP),

Nottingham University, England



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About the Speaker



Robert ('roboto') Chatwin is a Tutor of English for Academic Purposes (EAP) at Nottingham University, UK, with 22 years' experience teaching English (EFL).

Robert has a degree in Language Studies and Psychology from university in Oxford, and special training from the Houses of Parliament and the Pedagogical Academy of Vienna to teach English in schools and universities worldwide.

Robert has designed and taught EFL summer programmes at Oxford University, delivered teacher training workshops in many countries including Austria, Germany, Italy, Czech Republic, Croatia and Bulgaria, and he has worked directly with the Ministry of Education in Russia and Kazakhstan.

His website, Wake Up World Education (WUWE), provides free educational resources for personal and classroom use to develop critical thinking skills and increase wellness on a personal and global scale.

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