



Keeping Well – Unit 3

Activity 1: Strength Stories Sheet

ACTION

Print one copy for every student/small group. Feel free to find and use other 'strength' stories.

Story 1 – Lisbeth 'Libby' Trickett (nee Lenton)

Libby Trickett burst onto the swimming scene in 2003, went on to win gold medals as part of the Australian Olympic Team, and became the world-record holder in the 100 m freestyle. Libby suffered severe asthma as a child and she continued suffer with symptoms of breathlessness through training sessions and competitions. Libby retired from swimming at the age of 24.

Story 2 – Lance Corporal James Simpson

Lance Corporal James Simpson lost both legs and part of one hand after triggering an explosive device in Afghanistan. He now walks wearing two artificial legs, and wishes to continue his career in the British Army. 'I am still me, and that is the most important thing', he said. 'Everything I have ever done with [the army] I have just thrown myself into and done well.'

Story 3 – Richard Branson

Born into a middle-class family, dyslexic Branson nearly failed at one school and was expelled from another, before dropping out at age 16. Branson decided to create his own youth-culture magazine. To fund it, Branson created a mail-order record business that grew to become Virgin Records. Branson has become very well known for entering existing industries (e.g. music, telecommunications, airlines) and offering differently styled alternatives to the existing businesses in the industry.

QUESTIONS

Choose one story above, and answer the following:

1. What challenges did the person face?
2. What might those challenges have made the person think about him/herself?
3. What are some unhelpful or critical things that person could have said to him/herself?
4. What might have happened if the person had said and listened to that critical self-talk?
5. What strengths did/might the person instead decide to focus on?
6. Did the person turn a possible 'defect' into a 'strength'? If so, how?
7. What are some helpful, encouraging things that person might have said about him/herself?
8. Do you think the person would still be a success if they'd suffered different challenges? Why/why not?