

THE SCHOOL OF LIFE PROJECT

How do we help our children find themselves before they lose themselves?

As Parents... we know that our children live with many big issues that provoke fear and anxiety. At The School of Life Project, we've been helping children for the last 17 years to understand what they're feeling and why they're feeling it. By asking the right challenging questions of themselves on a regular basis within the privacy of our StoryCatcher EQ kiosk



and especially at the least self-aware period of their lives, you can give your children the opportunity to fully express themselves in a safe setting.

By encouraging them to verbalise everything they are feeling you can help your child to not only build their self-knowledge but also increase their emotional intelligence.



Now Available in Australia

Founded in 2001 and running already in 11 other countries, The School of Life Project is a Social Enterprise founded by Dr Rick Stevenson, an award-winning filmmaker and a Doctorate in Philosophy from Oxford University.

Following successful evidence-based trials at Geelong Grammar School and The Institute of Positive Education together with a longitudinal study of participating students at Byron Bay Public for over 9 years, The School of Life Project is now being rolled out across Australia and New Zealand.



Click on the image above to see highlights from the GGS trial

Our Research Backed Methodology

Starting from as young as 6, you can give your child the opportunity to record their responses to a series of developmentally appropriate questions posed via an automated interview on our StoryCatcher EQ platform. Their answers are then safely uploaded.

EQ is the new IQ

More information please contact Anya Haywood, Director of The School of Life Project | 5000 Days.
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✓ Our methodology has been developed and constantly refined over the past 17 years by a team of neuroscientists, psychologists and philosophers, including Dr John Medina (author of Brain Rules).

✓ As clinical studies show, EQ skills are key to academic and lifelong skills.

Impact Study 2017 of Students enrolled in The School of Life Project:

100% of users "I know how to express my feelings better"

82% of users "I know myself better"

What you and your child receive

- Individual and private video journaling interviews.
- On their 18th Birthday, your child is sent a file containing all of their recordings - a priceless time capsule of your child's life.

Assurance of Privacy All Video Journal files are 100% confidential, securely recorded and secure in our Amazon S3 storage system.

"Even if you can't save time in a bottle, The School of Life Project captured something just as precious: the little girl giggle-stories, the pre-teen insights, and the adolescent angst and thoughtfulness of my (now) adult daughter. Watching her ups, downs, trials and joys stream together on video still brings tears to my eyes when I see it. I can only imagine what it will mean to her future children when she chooses to show them..." Parent.