

# MUTING IGNORANCE



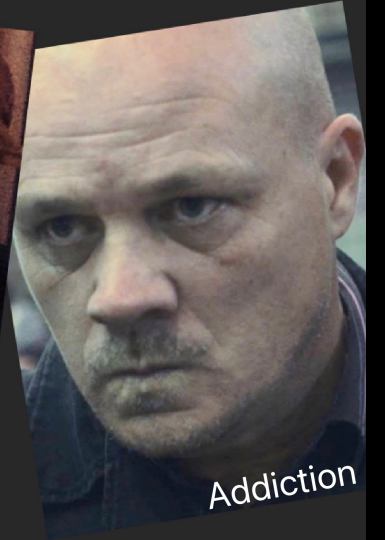
Drugs



Bullied

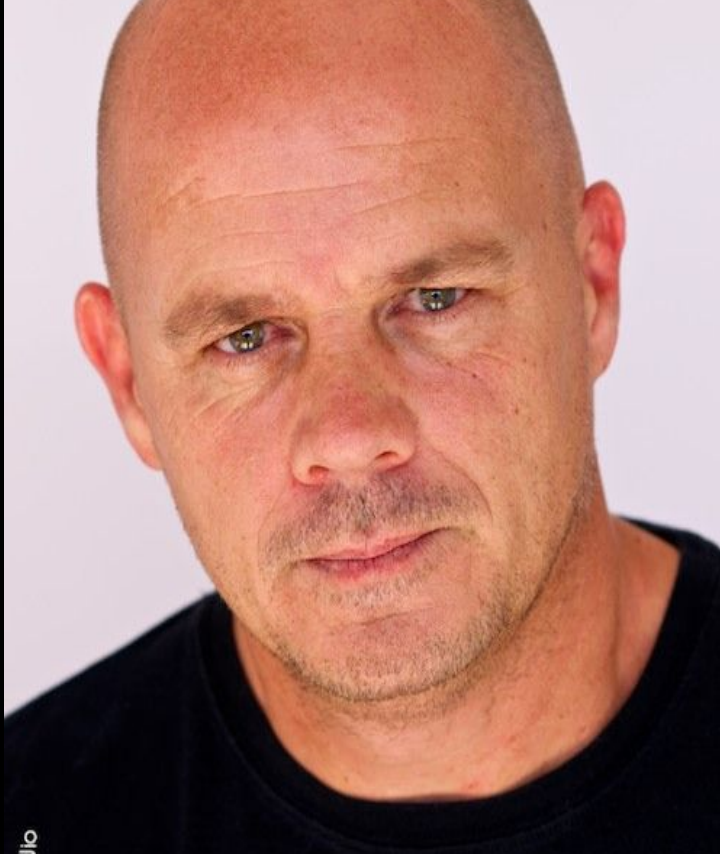


Suicide



Addiction

# Rob Sneddon



Muting Ignorance was created in 2017 by Rob Sneddon, a kind and compassionate man. Rob's vision was to pass on real life experiences to communities through storytelling, and for the storytellers to be interviewed by high school teenagers on stage to keep it interesting and engaging - similar to Britain's Graham Norton Show, but without the ejecting Red Chair!

The MI Show Presents These Storytellers And Their Stories:

John Hickey – Drugs

Drew Pittman – Bullied

Rebecca Jaeger – Suicidal

..... along with special guest storytellers.

Rob's vision included sharing the dangers of judgement and fear based behaviour by introducing one-day workshops with Rebecca Jaeger, a qualified Mental Toughness coach. Together they would create a new culture with social change and the concept of altering social behaviour by human perception. MT activities with the MT language would gradually allow individuals the opportunity to change their common negative traits and thoughts.

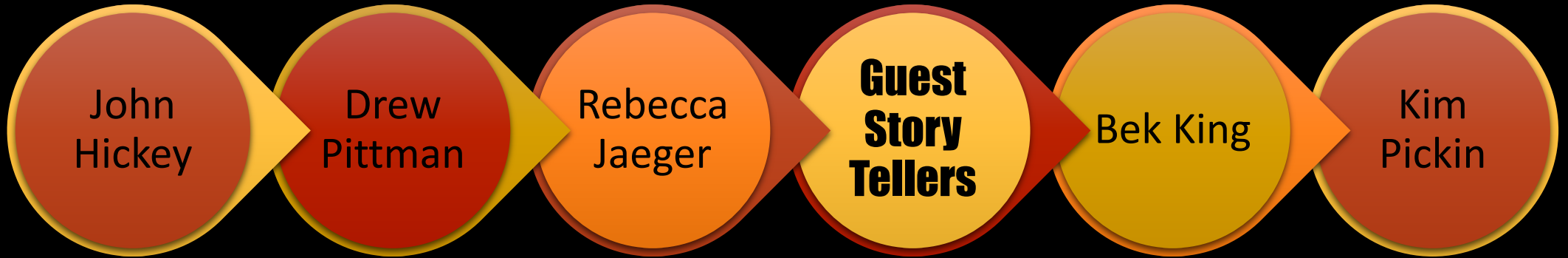
Rebecca created a program for teenagers and adults – her motivation being to guide them on reconditioning their minds and flip it! The MT journey starts to squash the ugly word 'depression' (a word that Rob abhorred and which Bec also loathes) and guide participants to create a new path through Mental Toughness.

Tragically, Rob died suddenly of a massive heart attack while playing cricket, on January 5th 2019. He had celebrated his 47th birthday in November 2018. The MI team will keep his vision alive by storytelling to schools, businesses, sporting groups and communities - to create a new culture, new values and new beliefs.

# THE STORY TELLERS

- John Hickey and his life with drugs
- Rebecca Jaeger sharing her fight for survival.
- Drew Pittman discusses the bullies who challenged him





# The Team



# THE RUN SHEET FOR HIGHSCHOOL PRESENTATION

1. Thirty students and their parents enroll for the 3 hour presentation at school.
2. Four students are selected and given a story teller to meet over an introduction phone call.
3. The four students and four story tellers meet thirty minutes before the presentation which is a week later.
4. Presentation starts at 6:00pm.
5. Each story teller is introduced and interviewed on stage by the student. Twenty minutes maximum time
6. Once all four story tellers have been interviewed a Mental Toughness Activity will commence with the opportunity to enroll for the one day workshop with qualified Mental Toughness Coach – Rebecca Jaeger

# MT WORKSHOP & 12 WEEK PROGRAM

'**MUTING IGNORANCE**' OFFERS THE OPPORTUNITY FOR FAMILIES TO ENGAGE IN A FULL DAY WORKSHOP TO UNDERSTAND HOW TO CREATE MENTAL TOUGHNESS IN THE FAMILY HOME.

ENVIRONMENTAL STRESSORS ARE THE DRIVING FORCE FOR FAMILY BREAKDOWNS, POOR PERFORMANCE IN SCHOOL OR IN THE WORKPLACE AND - OVER ALL SOCIAL AND COMMUNITY ENGAGEMENT.

RECONDITIONING THE MIND AND ADOPTING MENTAL TOUGHNESS ALLOWS FAMILIES TO WORK TOGETHER AND WORK TOWARDS SELF-RENEWAL.

# MENTAL TOUGHNESS & THE HUMAN RACE

'THE HUMAN RACE' FOCUSES ON:

- The state of mind, and recognises the 'FOG' that might hinder everyday performance.
- Setting appropriate strategies to overcome the 'FOG'.
- Assesses the effectiveness of mental toughness training as it relates to performance.
- Intervening to implement the best practice principals to improve ideal performance state.
- Guiding effective boundaries for better decision-making.
- Teaching the skills required to observe and reflect on their emotional responses - and to allow the flexibility to change their reaction and behaviour to any negative situation or event.
- Teaching the tools to help gain a better sense of self and have a great awareness of the 'REAL SELF vs THE PERFORMER SELF'.
- Strengthening resilience, emotional flexibility, composure and concentration.
- Observing behaviour, attitude and body language when stressed, so as to improve the recovery period and lessen the negative impact that it might have.

# A PERSON WHO MAY HAVE 'FOG' WILL HAVE NO ROOM FOR -

ANALYTICAL THINKING



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graph TD; A[ANALYTICAL THINKING] --> B[AWARENESS]; B --> C[COMMUNICATING]; C --> D[CONCENTRATION]; D --> E[CONNECTING];
```

AWARENESS

COMMUNICATING

CONCENTRATION

CONNECTING

*CONTINUED...*

**CREATING**



```
graph TD; A[CREATING] --> B[GOAL SETTING]; B --> C[PROBLEM SOLVING]; C --> D[RECONDITIONING THE MIND]; D --> E[SELF -BELIEF]
```

**GOAL SETTING**

**PROBLEM SOLVING**

**RECONDITIONING THE MIND**

**SELF -BELIEF**

**SELF - CONTROL**



```
graph TD; A[SELF - CONTROL] --> B[SELF - EVALUATION]; B --> C[SELF - PRESERVATION]; C --> D[SELF - RENEWAL]; D --> E[STATE OF MIND];
```

**SELF - EVALUATION**

**SELF - PRESERVATION**

**SELF - RENEWAL**

**STATE OF MIND**

# CREATING CHANGE

The first step to creating change in your world is to start valuing YOU!

Mental Toughness guides clients to build and move toward self – renewal from –

Bullying

Feeling lost or disconnected

Environmental stressors

Relationship breakdowns

Pressure

Expectations

# MENTAL TOUGHNESS & THE HUMAN RACE

Mental Toughness is a way of life and when embraced, individuals will feel comfortable with -

Self-Awareness

Emotional Intelligence

Higher Self-Esteem

Self – Evaluation

Self – Preservation

How do we move toward self – renewal with MT?

Rebecca Jaeger shares her past behaviour for guiding others. Adults, teenagers, elite athletes have reconditioned their minds from Bec's lifetime experiences and coaching. This creates a connection, and this also begins the journey of creating a new way of thinking. A new way of living. Mental Toughness allows the individual to grow from understanding their own behaviour – they focus on valuing themselves rather than their phones and environmental stressors.

Bec prefers a 1 day workshop on a Sunday and - a parent or older sibling to attend because MT is the new language in the house. MT used daily can shift a challenging moment to a lesson – this increases emotional intelligence. Poor observation, lack of concentration and participation has been experienced with evening workshops due to heat, afternoon activities and so to get the best result – participants need to be fresh and open to participate in all of the activities.

Bec's vision is to create a new movement – a new culture for the wellbeing of all.

# THE MT ACTIVITIES WITH BEC

- My Story
- Real Self vs Performer Self - A challenging and creative activity to understand THE SELF!
- Emotional Intelligence – how are we reacting?
- What are we creating? Creating our thoughts and feelings – does it matter?

Shut UP the inside negative chatter. A team activity to feel the bully inside of us and get it out!

Participating individuals embracing Mental Toughness will become more resourceful and rebound successfully when challenged with daily situations.

This workshop prepares all participants for the 12 week Mental Toughness program.



# READY TO CONNECT?

To book the Muting Ignorance Show please email  
Bec at

[mutingignorance@gmail.com](mailto:mutingignorance@gmail.com)

Or call 0466 631 620

Connect with us on Facebook

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