

What You Don't Know Can Hurt You



Chris Moon
Step_Beyond

PICK 'N' MIX

ALLERGENS!
Contains nuts, dairy, eggs, wheat, soy, and other allergens. For more information, please see our allergen policy on page 12 of our terms & conditions.



PICK 'N' MIX
£1.49
PER 100G
SCOOPS HERE

Chris Moon
Step_Beyond

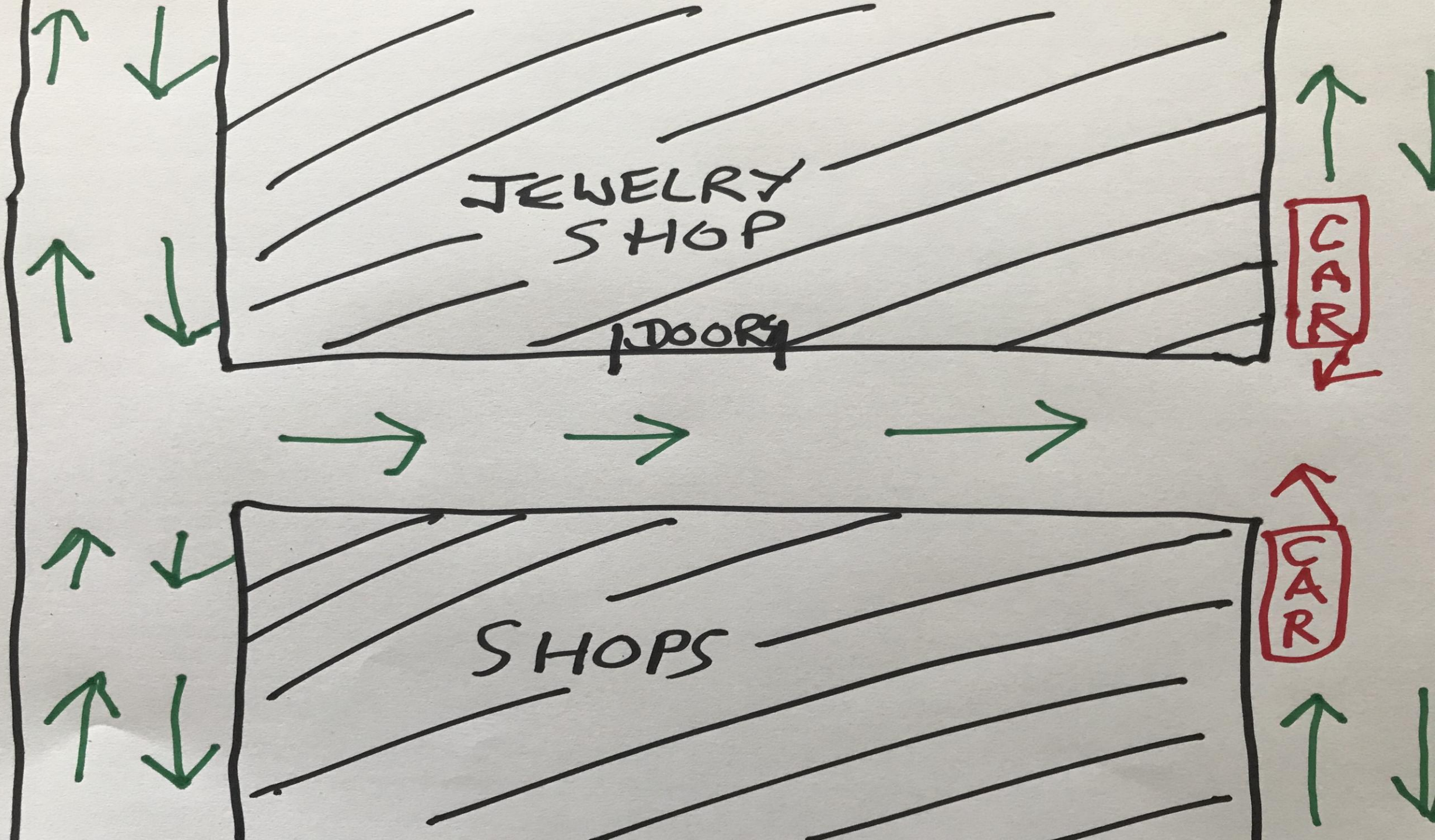
JEWELRY SHOP

DOORS

CAR

SHOPS

CAR

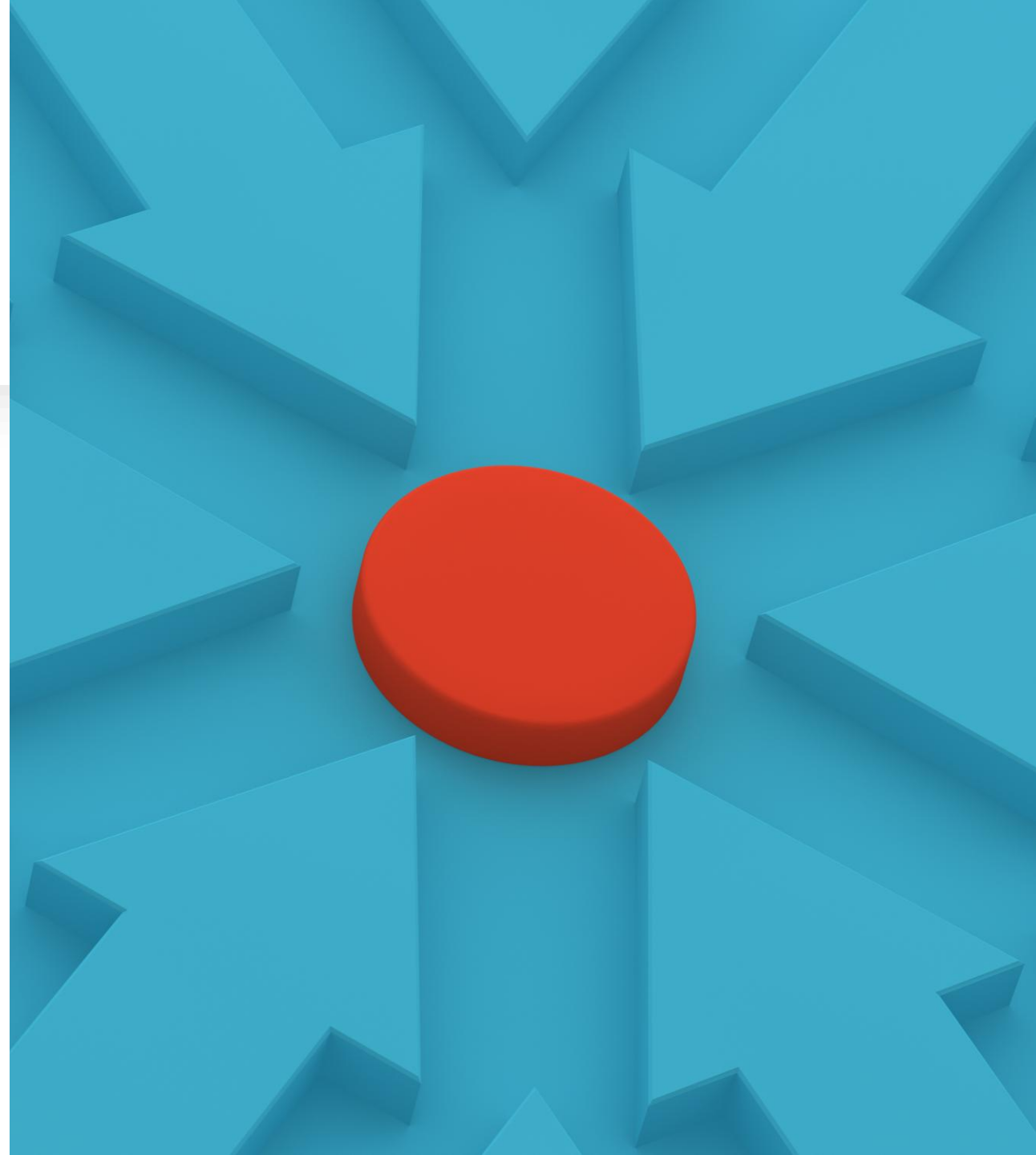


What makes us the people we are?

Nature v Nurture

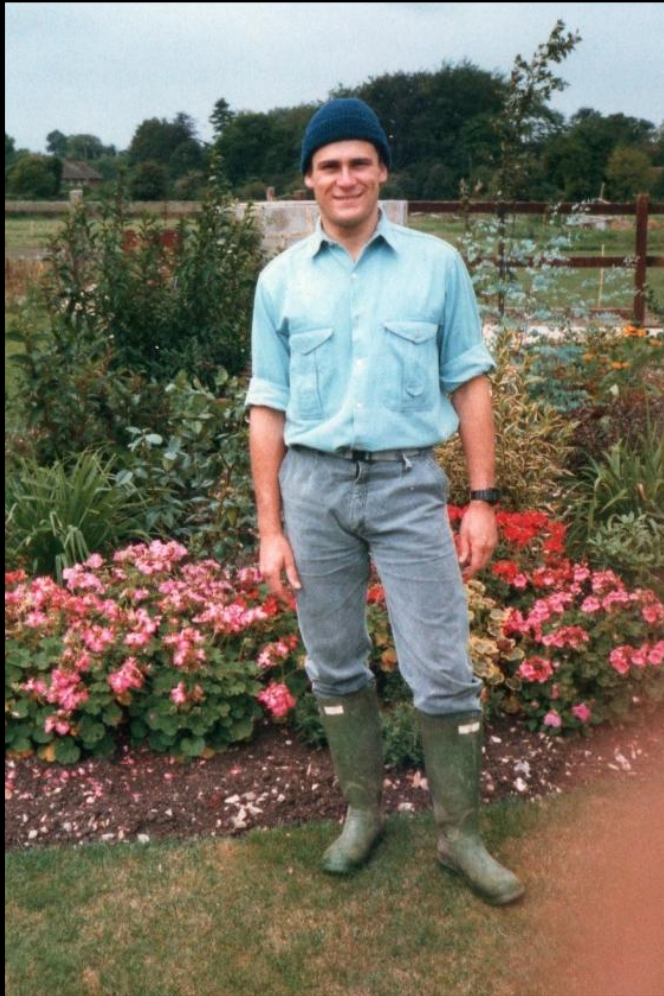
*Choice choose
your mindset*

Chris Moon
Step_Beyond



Effects of an Accident: 'Loading Bay'





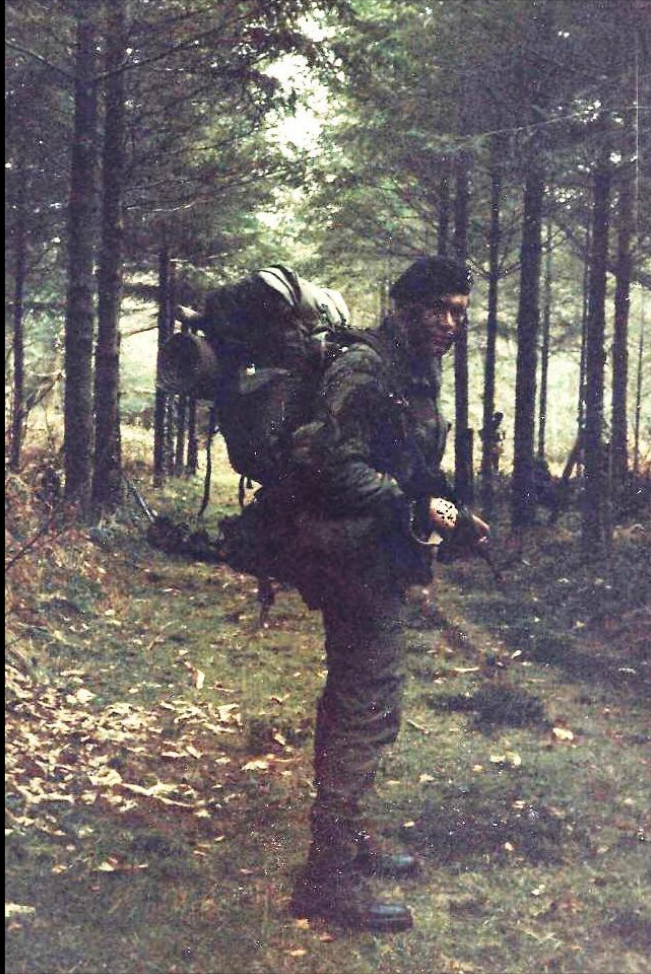
Get your head in
the right place

Chris Moon
Step_Beyond

When I start my day what can I do to get my head in the right place and keep it there?



Chris Moon
Step_Beyond



Royal Military Academy Sandhurst

Don't take things personally

Have a sense of humour

Take ownership

Chris Moon
Step_Beyond

Clearing anti-personnel
landmines and UXO for a charity
Cambodia and Mozambique

Keep an open mind

Shape the future set goals



Chris Moon
Step_Beyond

*Ambushed taken
prisoner, interrogation
and threatened
execution*

*Khmer Rouge
Cambodia*



Chris Moon
Step_Beyond

- Never assume the role of victim
- Take ownership

Between a stimulus and a response there is a slight pause - Own the pause



Understanding risk- A Psychological Perspective-



Chris Moon
Step_Beyond



- Blown up walking in safe area
March 1995
- Hospital said they'd never seen
anyone live with such a small
amount of blood
- Recovered in record time

**What can we do to maintain a
sense of humour?**



**A thankful heart finds
many blessings**

**All the things I have
to be thankful for ...**



Chris Moon
Step_Beyond

- Completed London Marathon less than a year after leaving hospital 1996
- Don't get blown off course by negative people



- 1997 Became World's first amputee ultra-distance runner
- Completing Marathon des Sables 240 km (known as the world's toughest footrace, it's not it's Badwater)



Chris Moon
Step_Beyond

- Badwater 220 km race
- Hottest place on earth
- Continuous - Must finish
- Under 48 hrs
(six times finisher)



What's The Point of Life?



What I'm Going To Do To Be More Enthusiastic...



Chris Moon
Step_Beyond

What can I do to be more mentally and physically healthy?



Chris Moon
Step_Beyond

- Never underestimate the power of belief
- How can I use the power of belief?



Develop personal positive talk

“

*I can do this I can do this
One step One Step
I can do this I can do this
One step One Step*

”

Ownership



Chris Moon
Step_Beyond

Where do you see yourself on a scale of 1 to 10 in terms of being lucky?



Chris Moon
Step_Beyond



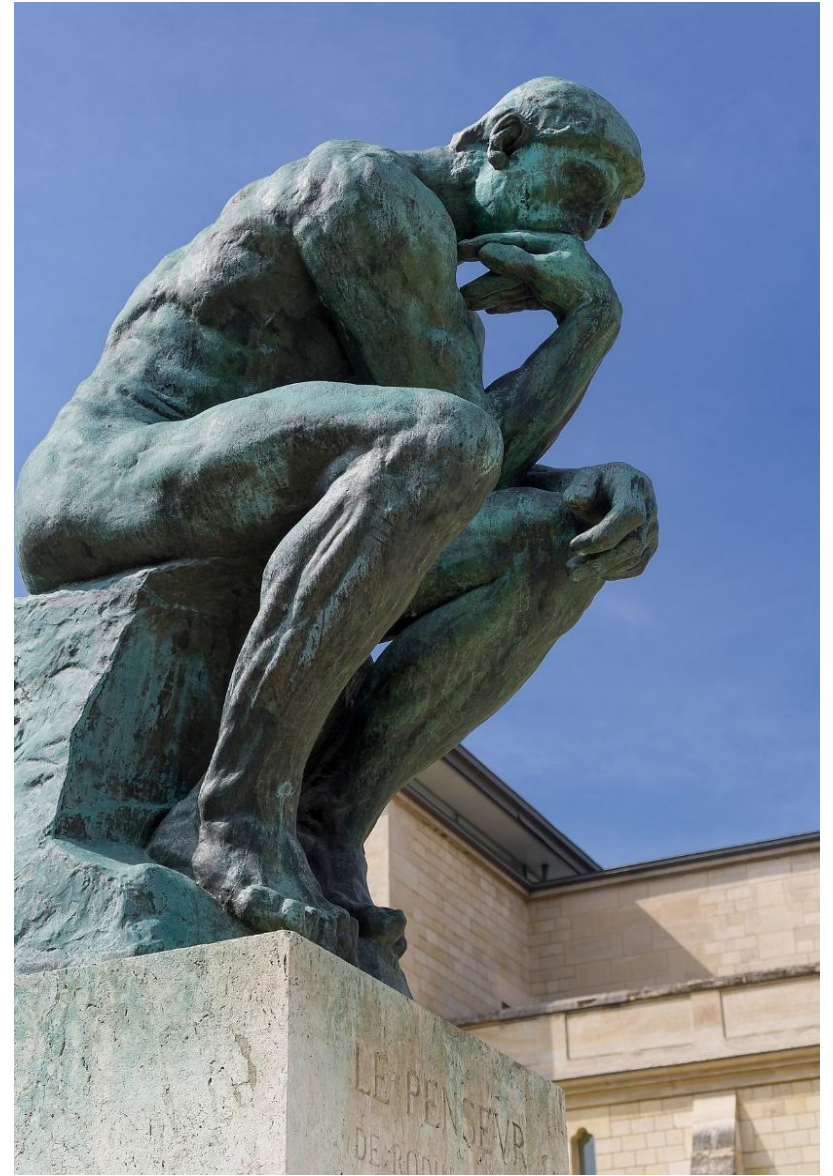
PROFESSIONALISM & DISCIPLINE

WHAT CAN WE DO
TO MAKE OUR
OWN LUCK?

Chris Moon
Step_Beyond

We choose the way we think

The way we think determines
the way we feel



Unhelpful Thinking

- Thoughts that are down on self our world and our future
- Rigid and inflexible thinking
- Thoughts that are not reality tested- Assumptions
- Personalisation- Making everything about self
- Goal blocking and fearful thoughts





Helpful Constructive Thinking

- Thoughts that are accepting of self, others, the world and our future
- Flexible open thinking
- Thoughts that are reality tested –
- Do we know 100% our thoughts are true?
- Goal facilitating - A can do way of thinking

What can we do to aim high and smash the ball out of the park?



Chris Moon
Step_Beyond

**Things constantly change
Be aware of 'creep'**



The price of negativity is too high to pay

- Negative emotions are like weeds- When conditions are right, they'll always germinate
- No one wants to be near a bitter and negative person
- How can we be positive when we might not feel like it?



Face reality:

- Assess and Understand
- Focus on the positives and the possible
- Choose a positive attitude
- Use imagination to find solutions



**Things I can do
to recharge my
psychological
batteries...**



Chris Moon
Step_Beyond

How can we
help each
other?



Chris Moon
Step_Beyond



Chris Moon MBE

www.chrismoon.co.uk



07802768217

