

Food for Thought at ECP's FRED Talks

20th February 2020

On 7th February, ECP held its annual FRED Talks event where students, coaches and friends get together to listen to pintxo-sized presentations on thought-provoking concepts.

Here, ECP coach Rob summarises the talks and gives his **takeaways**. Watch the talks on [YouTube!](#)

Mascha Snoijink: Energy and the Body

What did Mascha tell us about? Mascha gave us a brief introduction to some of the concepts used in Energy Medicine. She compared energy to money to explain how we 'spend' our energy and how we can learn to manage it more responsibly. She gave two examples of **wasteful** energy expenditure: resentment and stress, two behaviours that can cause us to retain harmful energy that will eventually make us ill. How can we administer our energy more effectively? By aligning the three personality types that define us - the Thinker, the Doer and the Feeler. By being **aware** of how those characteristics influence how we react to the world, we can attempt to balance them and create a more coherent and harmonious relationship with friends, family, colleagues and, ultimately, ourselves.

What was Rob's takeaway?

"Energy that is retained is life that doesn't flow". Resentment and unresolved stress will ruin your life and eventually kill you. But we have the ability to change!

Igor García: Transforming the School Yard

What did Igor tell us about? Igor described the transformation taking place at San Prudencio school. The school yard, once dominated by football pitches, is gradually becoming an inclusive, multi-activity area where children of different ages, interests and abilities

Before you read the article, find this vocabulary in the text:

takeaway: a key point or fact to remember
wasteful: extravagant or careless expenditure
be aware: to have knowledge or perception of a situation or fact
budget-busting: something that means you will spend more money than you have available
regret: to feel sad or disappointed about a decision you made in the past

can mix freely without being pushed out to the margins of the communal space. Students were consulted as to what would be their 'dream yard' and four non-**budget-busting** ideas were selected. Some suggestions (e.g. Laser tag) were too expensive, but space was found for a climbing wall to be built, classic games such as Hopscotch were painted

on the ground, a chill-out area was constructed and murals were painted to express the ideas and philosophy of the school and its pupils. Igor explained that this was just the start and more "hard work" lies ahead in their quest to create a truly inclusive space.

What was Rob's takeaway? "Break time belongs to the students". The kids must be involved to ensure that break time is a positive and inclusive part of their day.

Mario Gómez: From Businessman to Bluesman

What did Mario tell us about? Once upon a time, Mario worked in his family's shoe business and he even set up his own chain of shops using innovative business techniques. But—and there is always a "but" emphasised Mario—working with your family isn't easy and after over twenty years of hard work and stress, Mario decided that he needed to get out. With the support of his wife he gave up work and, after a period of reflection, decided to follow his heart and dedicate himself full-time to music. But... being self-employed in a sector (culture) where people never really want to pay you for your services is incredibly tough. But... he doesn't **regret** taking this leap of faith and he and his family are now in a better place than they were before.

What was Rob's takeaway? "You have to find your own voice". Being brave and taking risks can ultimately make you a happier person. But... it's not an easy ride.



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Mario composed a song especially for his talk. It was an amazing bit of blues!

Let's chat about that!

Write your opinions in an email and send them to your ECP coach!

Have you ever been to a FRED Talks event? If so, did you like it?

Do you think you 'waste' your energy in any way? If so, how?

Think about the personality types. What mix of person are you?

Describe the yard at the school you went to as a child.

Could you give up your job and start afresh like Mario did? Why/not?

Social Events In English

Real-Life English in Vitoria-Gasteiz



Practical English Stuff

Real Language to Express Yourself Better

Dates for your diary!

Coffee Saturdays:

5th Oct ✓
2nd Nov ✓
7th Dec ✓
11th Jan ✓
1st Feb ✓
7th Mar
4th Apr
2nd May
6th Jun

Cinema Nights:

25th Oct ✓
29th Nov ✓
20th Dec ✓
31st Jan ✓
28th Feb
27th Mar
24th Apr
29th May
26th Jun



Friday 28/02/20 Cinema Nights **CONTROL**

The story of Ian Curtis
and Joy Division

Rob introduced the 3 FRED Talks speakers with some rhymes. Look at them below and practise saying them with your coach and colleagues. Imagine you have a microphone in your hand and start riffing! (You can practise with Rob by watching the videos online at ECP's YouTube channel - just click on the titles)

[Mascha Snoijink: Energy and the Body](#)

**From the Netherlands to Gasteiz
Comes the first to fill your headspace
She's a multilingual speaker
Fine story teller, and teacher**

**Her mission for this evening
Is get through to us the meaning
Of the energy and the drive
That make us stand up and jive**

**All those channels that flow
From chapeau to big toe
That energy in our body
That without, we would be oh so foggy**

**So! Let's uncork the bottle
Let's go for it full throttle
And let's send a big wink
Tooooo.....Mascha Snoijink!!**

[Igor García Beitia: Transforming the School Yard](#)

**He's a man of musical creation
He's Mr. García of Physical Education
He's done talks here at FRED in the past
And I'm sure this one won't be his last**

**But on this cold and wintery night
He's going to tell us what's wrong and what's right
About playing with mates between classes
And avoiding those gender-based clashes**

**Because when the kids go play outside
The school must be able to take pride
Of the way that we build and include
How the spaces we breathe don't exclude**

**He's transforming how we use the school yard
Saying no to him has always been hard
Now he's proving he's impossible to ignore
Ladies and gentlemen, a big hand for Igor!**

[Mario Gómez: From Businessman to Bluesman](#)

**When he walks in the room
All eyes do zoom
All sounds turn to hush
An' your heart starts to rush**

**Tonight he will tell us
Why the blues is a virus
Once it gets in your blood
It takes you like a flood**

**When you work 9 to 5
You can doubt you're alive
In some way or shape
You have to escape**

**Now he plays in ten bands
With six strings in his hands
I'm his biggest fan
Mario is the Bluesman!**