



MARCH 2019 • ISSUE 10

QUARTERLY

Dear Friends
Welcome

AT A GLANCE

- Education Project update
- The “Feel to Heal” fundraising event is on at Henderson Park, Jolimont, on Sunday 28th April 2019
- Save the date for the first Sharon Faye Foundation public lecture on Emotional Strength which will be held in Perth on Saturday, 10th August 2019. More details to be announced soon.
- Sharon reflects on the strategic plan and the revised pillar “family health”
- Our Patron, Dr Sue Cruthers, joins the newsletter team

BUILDING EMOTIONAL STRENGTH IN TEACHERS

I have been reflecting on the Foundations' first empirical research project in education in W.A. I am so grateful that we live in a country where really good research can still take place. This is in contrast to the UK where education research in mainstream schools is no longer possible according to Dr Alice Jones Bartoli of Goldsmith University in London. According to Dr Bartoli empirical research is very rare in mainstream schools in the UK these days.

The pre-test post-test design of our research that we conducted last year will reveal many interesting themes about teachers, students, Emotional Strength and the relationship between these variables.

Our collaborators, a research team from Edith Cowan University (ECU), are busy writing up the results of last year's study. We are excited to gain more insights from the data collected by ECU.

This is the first of many studies to be conducted in Education that will raise awareness and assist in the reduction of burnout in teachers and re-engage students in learning again. The Foundation is committed to improving the education of our children.

*Imagine if:
... classrooms were safe*

FEEL TO HEAL LAP-A-THON

"Feel to Heal" is a fundraising initiative to raise awareness of Emotional Strength which has been organised by a friend of the Foundation who has embraced Emotional Strength over the last two-and-a-half years. The event, which will take place from

9am to 11am on Sunday 28th April 2019 at Henderson Park, Jolimont,

includes a 30 minute family-friendly 400 metre lap-a-thon. Other activities to enjoy during the morning are:

- giant connect-4 games, encouraging families to 'connect' through the experience,
- a dance area,
- an obstacle course to get entrants in touch with their bodies and be in the moment, and

- a 'feeling's forest' allowing children to choose a leaf from the tree forest on which to write their answer to the question *'In this moment I feel ...'*.

Following from her inclusion in our last newsletter, Renee extends her personal invitation for the lap-a-thon to you:

"Exactly 1 year ago we were given the news that our beautiful Lenny had been diagnosed with Acute Lymphoblastic Leukaemia.

What followed was 7 months of intensive chemotherapy and many days and nights spent at the hospital.

His treatment is ongoing for now, but he is continuing to respond extremely well. I believe that he has responded so well because of the work both Lenny and I have done with Sharon Faye.

Through my work with Sharon I have developed the capacity to deal with all the trauma that goes along with having your child treated for Leukaemia, whilst having a newborn plus keeping life as 'normal' as possible for everyone else in the family. Emotional Strength has helped me feel and connect to ALL the emotions I experience, and I can then respond to any situation. This has made a significant impact in my life and I am loving being a more effective and authentic human being.

I know that with chemotherapy, the Leukemia will be treated, and Lenny will recover. I also know there is a big difference between treating the Leukaemia, and healing. Healing his little soul from all the trauma that he has experienced. Through Sharon's work, Lenny has begun the process of healing. Lenny can articulate what emotion he is feeling, where in his body he feels it and can describe what it feels like. I am so proud of the gentle and empathetic boy he has become over the last year.

There has been a whole lot of pain for the little guy, but we haven't tried to take it away. He has felt every bit of it, we've acknowledged it and he has responded in the moment like every person should.

It is through the Feel to Heal Lap-a-thon, that Sharon and I would like to introduce you to and raise awareness of the concept of Emotional Strength. 100 % of all the donations made will go to the Sharon Faye Foundation to assist global research on human emotion.

I believe that the research by the Sharon Faye Foundation is going to make a profound difference in the health and well-being of our community. I have been extremely fortunate to experience firsthand, the immediate effects of Sharon's work and her Foundation, and I would now like to share it with you.

I would feel honoured if you and your family would run alongside Lenny and our family in the inaugural Feel to Heal Lap-a-thon. '"

REGISTER FOR THE FEEL TO HEAL LAP-A-THON

If you would like to register to participate in the Feel to Heal lap-a-thon, or invite someone else to do so, please **CLICK HERE** .

If you would like to donate to Feel to Heal (without running laps) please **CLICK HERE** to be redirected to our donation page. We would love to receive an email or phonecall from you to let us know that your donation has been inspired by the Feel to Heal fundraiser.

The Sharon Faye Foundation is endorsed as a Deductible Gift Recipient and donations of \$2 or more are tax deductible.

THE STRATEGIC PLAN

The inspiration for the Sharon Faye Foundation's strategic plan came from Hale School. I acknowledged the Headmaster and his team for developing such a quality document. The Headmaster and I agreed that it is not an easy undertaking. It takes a dedicated team and deep reflection about purpose, vision, values and strategic actions.

The Foundation's strategic plan illustrates our conceptualisation of the five pillars from a systems perspective beginning with the baby born into a family. We map the 'I' as we travel through life and engage with the systems that have been designed to govern large populations.

One of the major changes that became clear during the strategic planning process was the Health Pillar, which became Family Health. I am working with many parents of children of all ages about non-punitive parenting. Non-punitive parenting does not imply laissez-faire parenting which can lead to neglect. Rather, non-punitive style develops an open and vulnerable home where there are very clear boundaries. In this family environment, the parents model the family values consistently and double standards such as 'do as I say, not as I do' have no place. Children know when there are double standards and injustice in the family unit and will rebel and act out in inappropriate ways.

The second point that became clearer during the strategic planning process was - as a research institute on emotion, the Foundation's purpose is to develop hypotheses, test these assertions through research and publish the findings which are consistent with the Foundations motto:

This process will necessarily involve collaboration with universities and other research bodies to ensure an arm's length procedure to meet the obligations of quality research that is publishable.



WE WELCOME SUE TO THE NEWSLETTER TEAM

The Foundation welcomes the contribution of our patron Sue Cruthers, who is working with us to progress a community feel to our quarterly newsletter. I am excited to see how the newsletter develops over the next year and what the larger community will add to the Emotional Strength conversation.

Here Sue shares with us her experience of Emotional Strength and being part of the Foundation.

"My interest in Emotional Strength came from the experience of seeing the difference it made to a friend's life over a short time. I've seen people go through years of therapy, but I'd never seen anything like that. I couldn't believe it, so I asked her what was going on and if I could be involved."

I've had an involvement and interest in mental health as a counsellor and client, but I'd never seen anything that hit the mark like Emotional Strength.

My interest in being involved in the SFF comes in part from personal experience with mental illness and in the mental health system, which, while well-meaning, was not able to offer me what I needed. The more I got into the system, the more I felt it was at odds with what I needed.

Sharon Faye used her influence and Emotional Strength to show me there was a better way. With Emotional Strength I was able to get out of the mental health system. While well-meaning, the mental health system didn't have the tools to meet my needs. Emotional Strength was the tool that I needed.

It's hard to say how Emotional Strength has changed my life because I can't imagine having the life I had before. Was I really that person? It crept up on me. I became a different person; a person that I quite liked and a person with possibilities. It has been very empowering; bringing out the 'me' that I always knew was there. I've lost the bits that weren't really me, the artificial safeguards. I've regained something rather than finding something new; I'm the same person, but I'm the person I always wanted to be.

Emotional Strength has been life-changing for me and I can see how it could be life-changing for others. When I'm around mental health patients, I'd love them to access to my experience. I wanted to be part of the Foundation to help enable Emotional Strength to become available, not just to a limited number of people, but to everyone. It is incredibly exciting and exhilarating being a part of the Foundation.

I would have loved being able to share Emotional Strength with people I have met in the mental health system and with others who were experiencing anorexia.

To start, I had no idea what being patron would entail. As I see the Foundation growing, I'm getting an idea of how I can be a part of it. I feel the time is here where the Foundation is starting to find its feet and becoming a part of the community. It is a great space to be in, both in terms of its physical and philosophical space. I worked in hospitals for thirty years rather than going out on my own because I loved working in a team and connecting with others. The Foundation offers the same sense of team. It has a healing environment.

My hope for the Foundation is that Emotional Strength can become available to the world, and that it becomes more a part of the cultural mainstream.

The highlight for me so far was the publication of the Emotional Strength paper. This was a moment of acceptance and validity when the work and the Foundation became 'real'."

BE A PART OF THE SHARON FAYE FOUNDATION COMMUNITY!

The Foundation's goal is to create healthy families, businesses and communities and you are an important part of our story.

We'd love to hear your experience of the Foundation and Emotional Strength for possible inclusion in future newsletter editions (with your permission). If you would like to provide feedback in writing please email the Foundation at

info@sharonfayefoundation.com.au

No matter the size, every donation helps us to further our research.

If you would like to donate to the Sharon Faye Foundation, please follow this **[link](#)** or **contact us** for details.

The Sharon Faye Foundation is endorsed as a Deductible Gift Recipient and donations of \$2 or more are tax deductible.

SEE YOU NEXT TIME

Sharon Faye Foundation Team



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