

CHARACTER, LEADERSHIP & GLOBAL EXPLORATION

Post-Presentation Student Workbook

Recommended: Years 7–13

John Sullivan • Jungle John

Name	
Year / Form	
Date	

REAL ADVENTURES • REAL LESSONS • REAL IMPACT

Adventure is not only about the places we visit, but the people we become.

1. WHAT DID YOU TAKE FROM TODAY?

Immediate reflection • Character • Purpose

The moment or story that stayed with me most was:

Why did it stay with you?

Choose **THREE** qualities you saw demonstrated during the presentation.

☐ Resilience ☐ Integrity ☐ Courage ☐ Empathy ☐ Adaptability ☐ Curiosity ☐ Leadership

One belief or assumption the presentation challenged:

One opportunity I may be more willing to say 'yes' to:

2. ROYAL MARINES – RESILIENCE UNDER PRESSURE

Resilience • Discipline • Teamwork

“Resilience can be trained.”

Evaluate this statement using evidence from John’s Royal Marines experiences.

LEADERSHIP UNDER PRESSURE

Why were trust, preparation and teamwork essential during demanding Commando Tests?

MY OWN ‘30-MILER’

Identify one demanding personal, academic, sporting or creative goal.

Three things that will help me succeed:

1.

2.

3.

3. BORNEO – KNOWLEDGE, CULTURE & SUSTAINABILITY

Global citizenship • Environmental ethics • Cultural understanding

KNOWLEDGE OR EQUIPMENT?

John's experiences raise the question: Is knowledge more valuable than equipment? Give a short, balanced response.

THE PENAN PERSPECTIVE

Compare the idea of taking only what is needed with modern consumer culture. What can we learn from this?

ENVIRONMENTAL ETHICS

Should indigenous knowledge play a greater role in conservation? Explain your view.

4. BELIZE – LEADERSHIP WITH PURPOSE

Conservation • Service • Shared ownership

John's Belize expedition combined teamwork, conservation and practical action.

LEADERSHIP PHILOSOPHY

What are the strengths of a leadership style based on service, trust and shared ownership?

CONSERVATION & COMMUNITY

Why can environmental problems be difficult to separate from poverty and local livelihoods?

LASTING IMPACT

Why can a relatively small, well-led project create long-term change?

One Belize leadership principle I could apply to my own life is:

5. PAPUA NEW GUINEA – EXPLORATION, TRUST & CULTURE

Preparation • Humility • Ethical exploration

BEFORE THE EXPEDITION

John used historical information, maps, local knowledge and risk management. Identify FOUR leadership behaviours demonstrated before the expedition began.

1. _____
2. _____
3. _____
4. _____

BUILDING TRUST

Why might respect, listening, curiosity and humility build stronger relationships than expensive equipment or status?

QUESTIONING ASSUMPTIONS

Why is it important for an explorer—or a leader—to question their assumptions about other people and cultures?

6. LEADERSHIP DECISION CHALLENGE

There may not be one perfect answer. Make a decision and justify it.

SCENARIO

Your expedition is two days behind schedule. One team member is exhausted, poor weather is approaching and your objective is still 30 km away.

☐ Continue ☐ Turn back ☐ Rest and reassess ☐ Change the objective

My decision and why (maximum 60 words):

ETHICAL EXPLORATION

A remote community welcomes your team, but some members are uncomfortable being photographed. What should a responsible expedition leader do?

RISK vs REWARD

When does calculated risk become irresponsible risk? Give two factors a leader should consider.

1.

2.

7. MY LEADERSHIP & CHARACTER PROFILE

Use evidence, not just instinct.

Quality	Seen in presentation?	Evidence / example	Priority for me
Resilience	☐	_____	1 2 3 4 5
Integrity	☐	_____	1 2 3 4 5
Courage	☐	_____	1 2 3 4 5
Empathy	☐	_____	1 2 3 4 5
Adaptability	☐	_____	1 2 3 4 5
Communication	☐	_____	1 2 3 4 5
Curiosity	☐	_____	1 2 3 4 5
Leadership	☐	_____	1 2 3 4 5

The quality I most want to strengthen is:

One specific action I can take this week:

8. FEED THE RAT – DISCOVER YOUR PASSION

Passion • Purpose • Personal growth

The 'Feed the Rat' idea asks you to notice the interests and challenges that genuinely energise you.

Something I can lose myself doing:

Something I would still enjoy even if nobody praised me:

Something I would like to become exceptionally good at:

Something I have always wanted to try:

MY 30-DAY FEED THE RAT CHALLENGE

For the next 30 days I will:

The obstacle most likely to stop me is:

When that happens, I will:

My first action will be:

9. MY PERSONAL MISSION

Turn reflection into action.

The person I want to become is...

The values I want to live by are...

The challenges I want to embrace are...

The contribution or legacy I hope to leave is...

MY FOUR-WEEK CHALLENGE PROJECT

Choose one meaningful goal. Record obstacles, setbacks and successes, then reflect on what you learned about yourself.

Week	What I did / obstacle faced	What I learned
Week 1		
Week 2		
Week 3		
Week 4		

10. TEACHER EXTENSION ACTIVITIES

Optional follow-up for seminar, PSHE, Geography, English, DofE or Careers

SEMINAR / DEBATE OPTIONS

- Can true exploration still exist in the 21st century?
- Is leadership learned through experience or taught?
- What responsibilities do travellers have towards the communities they visit?
- Does failure strengthen character?
- How does stepping outside a comfort zone change a person?

PROJECT OPTIONS

- Write an expedition proposal for a modern exploration project.
- Debate the ethics of documenting indigenous cultures.
- Produce a leadership profile using decisions from John's expeditions.
- Research an explorer whose work has benefited science, conservation or society.
- Connect the four-week Challenge Project to DofE, careers or personal development.

OPTIONAL EXTENSION – THE JUNGLE JOHN ESSAY CHALLENGE

Respond in approximately 500 words to the message:

“Never be afraid. Give everything a go, because you’ll never know where it may lead you.”

Explore how this idea could apply to education, leadership and your own future.

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