

LEADERSHIP, RESILIENCE & ADVENTURE

Post-Presentation Student Workbook

Secondary Schools • Recommended Years 7–11

John Sullivan • Jungle John

Name	
Year / Form	
Date	

REAL ADVENTURES • REAL LESSONS • REAL IMPACT

Meaningful growth often begins just outside your comfort zone.

1. WHAT DID YOU TAKE FROM TODAY?

Think back to the presentation before answering.

The story or moment I remember most:

One thing that surprised me:

Choose **THREE** qualities John demonstrated.

☐ Resilience ☐ Teamwork ☐ Courage ☐ Curiosity ☐ Leadership ☐ Kindness ☐ Adaptability

The biggest lesson I learned today:

One thing from the presentation that connects to my own life:

2. ROYAL MARINES – RESILIENCE & TEAMWORK

Failure • Preparation • Team before self

FAILURE BECOMES LEARNING

John failed his first rope-climb assessment. What did his response teach you about resilience?

TEAM BEFORE SELF

During the 30-miler, the troop helped an exhausted recruit. Why can helping someone else make the whole team stronger?

PERFORMANCE UNDER PRESSURE

Choose the THREE qualities most useful when tired, uncomfortable or under pressure.

☐ Preparation ☐ Calmness ☐ Teamwork ☐ Blaming others ☐ Persistence ☐ Giving up

MY OWN '30-MILER'

What demanding goal would you like to achieve?

Three things that could help me succeed:

1.

2.

3.

3. BORNEO – SURVIVAL & MINDSET

Decision making • Sustainability • Positive mindset

THE JUNGLE IS NEUTRAL

What do you think this idea means? Use an example from the presentation.

SURVIVAL PRIORITIES

Rank these from 1 (highest priority) to 5.

<u> </u> Stay calm	<u> </u> Water	<u> </u> Shelter	<u> </u> Fire	<u> </u> Food
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WHAT HAVE I GOT?

John focused on what he had rather than what he did not have. How could this mindset help you at school, in sport or during a difficult situation?

SUSTAINABILITY

What can modern society learn from the Penan idea of taking only what is needed?

4. BELIZE – LEADERSHIP IN ACTION

Conservation • Problem solving • Team dynamics

THE BENT-NAIL PROBLEM

The team's nails bent in the hardwood. Which responses show resilience?

- ☐ Keep repeating the same method ☐ Stop and rethink ☐ Ask the team for ideas
- ☐ Blame somebody ☐ Adapt the plan ☐ Try a different solution

Why is adapting a plan sometimes more important than sticking rigidly to it?

SHARED OWNERSHIP

Why might asking volunteers to choose roles create a stronger team than simply ordering everyone what to do?

CONSERVATION IMPACT

How could building one ranger station contribute to protecting jaguars and rainforest habitat?

5. PAPUA NEW GUINEA – PLANNING THE IMPOSSIBLE

Preparation • Risk management • Cultural awareness

THE MISSION

John was trying to find a man last filmed more than 40 years earlier. He had archive footage, historical maps, limited information, no GPS location and no guarantee of success.

What information would you gather before leaving?

1. _____
2. _____
3. _____

RISK ASSESSMENT

Risk	Likelihood	Impact	How would you reduce it?
Getting lost	Low / Med / High	Low / Med / High	_____
Illness / injury	Low / Med / High	Low / Med / High	_____
Communication failure	Low / Med / High	Low / Med / High	_____
Severe weather	Low / Med / High	Low / Med / High	_____

Why is preparation just as important as courage?

6. LEADERSHIP UNDER PRESSURE – YOU DECIDE

Good leadership means thinking before acting.

SCENARIO 1

You are seven days into a remote expedition. Your communication equipment has failed.

☐ A – Continue ☐ B – Turn back ☐ C – Stop and reassess

Defend your decision in no more than 50 words:

SCENARIO 2

A teammate is exhausted but insists they can continue. What should a responsible leader consider before deciding what to do?

BUILDING TRUST

John found that eye contact, smiling, respect, listening and curiosity helped build trust. Why can trust sometimes be more valuable than technology?

7. COMFORT ZONE → GROWTH ZONE → PANIC ZONE

Confidence grows through manageable challenge.

Place each example in the zone you think fits YOU. There is no single correct answer.

Activity	Comfort Zone	Growth Zone	Panic Zone
Giving a presentation	☐	☐	☐
Trying a new sport	☐	☐	☐
Asking for help	☐	☐	☐
Speaking to someone new	☐	☐	☐
Performing on stage	☐	☐	☐
Travelling somewhere new	☐	☐	☐

Why can the Growth Zone help people develop confidence?

Growth does not require being fearless. It requires being willing to try.

8. FEED THE RAT – WHAT DRIVES YOU?

Passion • Curiosity • Personal growth

John uses 'Feed the Rat' as a way of thinking about the interests and challenges that genuinely drive you.

Something I lose track of time doing:

Something I am naturally curious about:

Something I would love to become better at:

Something I would try if I was less worried about failing:

MY 30-DAY CHALLENGE

For the next 30 days I will:

The thing most likely to stop me is:

If that happens, I will:

My first step is:

9. MY LEADERSHIP JOURNEY

Where are you now, and where would you like to be?

Skill	Me Now /10	My Target /10
Confidence	____ /10	____ /10
Leadership	____ /10	____ /10
Teamwork	____ /10	____ /10
Communication	____ /10	____ /10
Resilience	____ /10	____ /10
Problem solving	____ /10	____ /10

The skill I most want to improve is:

ONE ACTION I WILL TAKE THIS WEEK:

Someone who could support or encourage me:

10. MY NEXT ADVENTURE

Turn one lesson from today into action.

One thing I learned:

One thing I will do differently:

One challenge I am going to accept:

One person who can help me:

My first step:

NEVER BE AFRAID TO GIVE SOMETHING A GO.

You never know where it might lead you.

TEACHER EXTENSION – OPTIONAL

Use any of these as a follow-up lesson, homework task or enrichment activity:

- Create an expedition risk assessment.
- Debate: Is courage acting despite fear?
- Research an indigenous rainforest community and consider what can be learned from its relationship with the environment.
- Write a rainforest diary entry based on a first night alone in the jungle.
- Create an Explorer's Code for respecting people, cultures and nature.
- Complete a one-month personal challenge and review progress later in the term.

OPTIONAL WRITING CHALLENGE

In approximately 250 words, respond to John's message: "Never be afraid. Give everything a go, because you'll never know where it may lead you." Use examples from the presentation and your own ideas.

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