

# GETTING HELP WITH PLTS: RECOMMENDED RESOURCES

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- Specific to PLTS
  - EurekaZone: online free, subscription, and the training experience
  - Maybe some other new initiatives will appear (please let us know if you see any and we'll include it on the list)
- Existing Initiatives
  - Work2 Learn, Life Skills Work Skills Toolkit
  - Social and Emotional Aspects of Learning (SEAL), Opening Minds, Enquiring Minds, EurekaZone's Thinking, accelerated Learning and Creativity (TLC)

## **[Lessons from the Art of Juggling](#) - Tony Buzan and Michael J. Gelb**

This book shows you how to juggle, and uses juggling as a metaphor for learning anything. An introduction to the skill of coaching. Sets the culture and environment in which people have ideas and learn new material. Essential for everyone who wants to help others achieve.

## **[Head Strong - How to Get Physically and Mentally Fit](#) - Tony Buzan**

Excellent book on mental and physical health. Includes the brain principles for thinking, learning and creativity, how to get the right inner talk, and the right brain foods. The brain principles apply to all aspects of life and help us to run any process in our heads, our business or our education most effectively. Great for potential coaches of peak mental and physical performance.

## **[Use Your Head](#) - Tony Buzan**

An excellent and brief overview of how to use our brains most effectively for learning and thinking. The material in here are the starting point for the EurekaZone TLC programme for schools. Covers Mind Mapping, Memory, and how to extract information from books effectively.

## **[Mindstore for Personal Development](#) - Jack Black**

A short but useful book applying the techniques of NLP (neuro linguistic programming) to improving the quality of your life. Not as extensive as "Unlimited Power" but you are likely to finish it in one session. Uses the power of imagination very well to relieve stress and create a clear vision for you.

## **[Six Thinking Hats](#) - Edward de Bono**

Introduces six different modes of thinking. Great for running meetings and working with others or just analysing your own thinking. You don't need the hats!

## **[Serious Creativity: Using the Power of Lateral Thinking to Create New Ideas](#) - Edward de Bono**

Lengthy tome and quite dry but a first rate "left brain" analysis of creativity. More interesting than fun. But first class.

**Thinkertoys - Michael Michalko**

Practical fun exercises to open up thinking and challenge the way things are normally done. Opens the mind if its already ajar. Not as useful if minds are still closed.

**10 Natural Laws of Successful Time and Life Management - Hyrum W. Smith**

Our recommended book on identifying your values and priorities in life and making sure you spend your time living them.

**What Matters Most - Hyrum W. Smith**

Further detail on identifying your values in Life

**Unlimited Power - Anthony Robbins**

If its motivation or reorganising your life that you're after then its worth ploughing your way through this lengthy text. Better still, if you have plenty of cash to spare, buy the tapes or CD's and listen to them in your car. It can be a life changing experience.

**Introducing NLP Neuro-Linguistic Programming - Joseph O'Connor and John Seymour**

Good first read on NLP. There are more detailed practical books around but this is fairly detailed and provides an excellent overview.

We also recommend finding out about the meta-model in NLP for helping to unlock minds and take down mental barriers.

Eurekazone's Effective PLTS programme includes material from all the above plus much more and takes the most effective and the most fun exercises we have encountered in this area and adapted them for students of the relevant age and experience. We've taken what employers give to their top staff and designed a course so that you can teach it to your students. You can get the free online version, the subscription version, or you can attend a course to experience it for yourself so you are more fully prepared for the challenges of teaching Effective PLTS. It'll save you hours of preparation and you'll know you are using fun, tested methods that get results. It took 40 days to get the training contained in Effective PLTS – you'll get it in 5 - 10 days or online at your own pace.