

Supporting Student Wellbeing Through the SLAP Technique

The University of Gloucestershire invited Carl to speak at their Psychology in the Community event, exploring the impact of stress, trauma and the challenges many students face while navigating university life. The aim was to provide students with a relatable and practical understanding of wellbeing, resilience and recovery.

Carl delivered his SLAP Technique keynote, combining personal experience, storytelling, humour and visual demonstrations to help students better understand stress, trauma and resilience. Using memorable props and practical examples, Carl translated complex wellbeing concepts into simple, accessible tools that students could relate to both academically and personally.

Impact

- ✓ Students gained a practical understanding of stress, trauma and resilience.
- ✓ Visual demonstrations helped simplify complex psychological concepts.
- ✓ Delegates engaged with a relatable and memorable framework for wellbeing.
- ✓ The session encouraged open conversations around mental health and recovery.
- ✓ An audience that remained engaged throughout the event.

Organiser Feedback

“Carl gave a powerful and engaging talk about trauma and PTSD, reflecting on his personal experiences and keeping us hooked until the end.”

“His use of props helped us visualise his core message, as did the very catchy SLAP acronym.”

“We thank Carl for taking the time to support our event and sharing his story.”

Dr Ebony Murray



CARL JONES - THE CAVEMAN

Keynote Speaker

Helping teams understand stress, capacity and change through practical, memorable storytelling.

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