

All About Attitude History - Jen Binney

On March 1st 2001 I registered All About Attitude as a business – I had been teaching for 23 years and an incident at school literally catapulted me into a new direction (another story -involving a Bull)! I became a trainer in the Rock and Water Program, resigned from the Education Department and launched All About Attitude.

Doors opened. I ran workshops, I wrote a program for young students, I tried to help people be the best that they could be - it was fabulous to give students and adult's skills that helped them build themselves up as people. I offered something unique that connected with many.

In 2003, with coaching from my life coach Surya Silva I developed my own program All About Choice for primary age students in self-control, relaxation and making choices to make things better not worse. I also developed a workshop called Taking Care of You for teachers. My own experience and the knowledge I was building working with many teachers provided the foundation for the success of these programs that continued until 2013. At the same time I was learning in the new fields of Acupuncture, Traditional Chinese Medicine, Energetic Touch, Chi Healing, Tai Chi and Chi Kung.

Between 2006 and 2009 I worked .5 at Mt Barker Primary School as a School Counsellor focussing on the wellness of the school community. It would've been easy to stay in this role but I opted to turn left again and consider developing the Tai Chi aspect of my business.

Between 2007 and 2012 Nairne Primary School adopted me and the All About Choice program as a way of teaching students skills to manage themselves in a range of situations. It is still part of their underlying social skills. Teachers and students really enjoyed the relaxation and I was lucky to see the benefits of how the skills, integrated with other programs, helped students be the best that they could be over many years. I know many people look for quick fixes, this reminded us that consistency, whole school focus and developing awareness is built on gradually and needs effort and refinement for success to continue.

At the same time Tai Chi became my passion, I became thirsty for everything Tai Chi. It gave me a depth of self-control and calm that I had not experienced before. It enhanced everything I believed about bringing out the best in me. I started teaching T'ai Chi and Chi Kung, continuing to refine my practice (read more in my Tai Chi story).

I enjoyed the opportunity to work in many schools with an amazing range of dedicated teachers. I still get phone calls or emails about aspects of the programs that are still in use. Teachers are a rare breed, schools had been part of my life forever - it was time for me to move in a different direction. I believe the foundations of All About Attitude are still the same as the day I registered the business - providing skills to help people help themselves. As my knowledge has expanded, my passion has deepened and now I believe people can take a leap into better health - with simple, easy steps using Tai Chi as a foundation. I know now I don't have to help people, I provide the skills, encouragement and building blocks as people work out what works best for them.

As people live longer and lives continue to be busy and stressful there is a real need to provide skills to help people manage themselves to cope – without resorting to drugs! In my classes I am inspired every week by the stories people share as they take Tai Chi into everyday situations. Just walking, sitting, standing, breathing deeper become better – I know it sounds simple but it's true!