

Marta Maria Kupeczik is a Twickenham based motivational school speaker.

Her work helps kids to be happier by recognising the importance of their evolving emotional intelligence, in a fun way. The proof of its effectiveness was evident in the fantastic questions asked by some of the 63 children who attended her talk at Radnor House School; their capacity to absorb this new subject was mind blowing...

There is no space in the schools' core curriculum for emotional intelligence development, but fortunately more and more teachers recognise the importance of it.

Marta Maria's talk, "The Road to Happiness", was first performed at Radnor House School, in Twickenham, thanks to the invitation of Miss Gemma Wood, the school's mathematics teacher and Reflection Coordinator.

A PowerPoint presentation was used to introduce the empathy scale. The difference between unconditional and conditional love was clearly defined, and consideration was given to the fact that we call conditional love "love" because many of us willingly accept it and still consider it to be love, not knowing how harmful it is.

True love is unconditional; any other type is undeserving of the name.



Once the two terms are fully understood, it becomes clear how bullies and bullied are "created"; this has a lot to do with the presence or absence of empathy and love. The last theme introduced was how much the types of emotional defence mechanisms we use tells about us, and that consciously choosing mature ones is a way to change towards being a happier person.

Let us hope that many schools will follow the good practice of Miss Wood by giving Marta Maria, and similar motivational speakers, the opportunity to highlight why the ability to identify our emotions, and those of others, is key to a better life.

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