

Discover the Difference:

Davis Concepts for Life[®] Programme



We understand

Not every challenge in learning and life has a name.

Are you (or someone you support) struggling with reduced focus, disorganisation, or self-regulation?

Do you feel overwhelmed by stress and anxiety, wishing your life felt easier to manage?

Do you struggle to form and maintain positive relationships or avoid taking responsibility for certain aspects of your life?

If any of this resonates with you, know that you're not alone, and the Davis Concepts for Life programme can offer support, strategies and solutions to empower you in your life.



"I can't believe how life changing these concepts are. I use them all the time in my life now – it's just so easy to take responsibility for things that had always seemed impossible before."

Davis Concepts for Life client, 26, Spain

Who is the Davis Concepts for Life for?

The Davis Concepts for Life Programme has been developed for anyone wanting to make meaningful life changes.

Change you might be looking for may be in any or many of these areas: executive functioning, organisation, elevated stress and anxiety, difficulty with focussing on tasks and conversations, regulating energy and emotions, managing behaviour, and maintaining positive relationships.

Benefits of the programme

- > **Improved wellbeing.** Experience empowerment as you navigate life with greater self-awareness, the ability to create boundaries and manage stress, with less anxiety and overwhelm.
- > **Stronger social connections.** Improve your interactions with better monitoring and interpreting of your emotions, self-regulating your energy levels, and listening more effectively.
- > **Improved productivity.** Say goodbye to procrastination and hello to better focus, and a more organised, productive and fulfilling life.
- > **Improved time management.** Understand and take control of time in your life.
- > **Strengthened relationships.** Become well-equipped to navigate relationships – at school, at work, and in your personal life.
- > **Taking control of your life.** Learn a stress-free approach to creating order and take charge of your life. Gain control and mastery – transforming confusion and chaos into clarity and certainty.

Imagine a world where your unique qualities are stepping stones to success.



"It feels easier to be me"

Davis Concepts for Life client



What is involved in a Davis Concepts for Life programme?

You'll be guided by a highly trained and caring Davis Concepts for Life Facilitator, who will accompany you on your journey and provide:

A tailored programme

We specialise in a personalised approach that utilises your strengths to achieve your goals, ensuring meaningful results. Our approach is centred around you – your interests, goals, and pace.

Holistic support

Our gentle approach helps you develop greater self-awareness, self-regulation, and emotional awareness in ways that empower you to participate more easily and fully in the life you choose.

Life "Mastery"

Unlike talk therapies, the Davis Concepts for Life programme uses creativity and experiential learning. Our unique approach ensures mastery of fundamental cognitive concepts; cause and effect, time, order and disorder, motivation, and responsibility and a relationship framework, so they become a natural part of how you think, learn and put you in control of your life.

Expert guidance

Our programme is facilitated by highly trained, experienced facilitators, who understand and care. We provide expert guidance throughout your journey, offering support that goes beyond surface-level understanding.

Davis Concepts for Life is a three step programme

Step 1: Self-Regulation Strategies and Tools

The Facilitator will begin by assisting the individual to become more present in the world, develop accurate perception, gain a stronger awareness of self, and develop the ability to regulate their focus, stress and energy levels.

Auditory Orientation

The individual listens to a specially engineered sound through headphones leading up to and, if necessary, during programme sessions. This auditory stimulus affectionately referred to as the 'Davis Ting' was designed by Ron Davis to help each individual to develop accurate, stable perceptions. This technique can greatly enhance a person's ability to maintain a calm state of focus.

Release

A simple, effective technique to empower the individuals to manage their stress and anxiety levels.

Dial

A visualisation technique that enables the individual to monitor and regulate their energy levels according to any situation.

Self-Orientation

This consolidates the feeling of focus established by the Auditory Orientation, and enables the participant to achieve and maintain focus without needing to use the auditory orientation sound.

Koosh ball exercises

A fun, interactive way to practice maintaining focus, while strengthening neural pathways and improving balance and co-ordination.

Step 2: Davis Life Concepts

This component of the programme covers essential and foundational life concepts by using the multisensory medium of modelling clay to create these core concepts and capabilities.

What is involved in Step 2 of the programme?

- The Davis Facilitator supports the individual to actively create (using the engaging hands-on method of clay) the fundamental life concepts of:
 - change, consequence, cause and effect, before and after, time, sequence, order and disorder
 - continue, survive, perception, thought, experience
 - energy, force, emotion, want, need, intention
 - motivation, ability, control, responsibility
- Meaningful, positive learning experiences in the environments allow the individual to explore these life concepts in a safe and fun way. This enables the individual to integrate their experiences into their personal identity, as a framework for understanding the world, and creates a solid foundation for stimulating positive and lasting change.
- The facilitator supports the individual to establish order in their physical environment by learning how to use the concepts to establish order, determine order, and create and maintain order.
- The individual is empowered to develop self-responsibility, through identifying which life concept/s are missing and thereby preventing or limiting the individual's capacity for self-responsibility.



Step 3: Implementing meaningful change

This stage of the Davis Concepts for Life Programme involves exercises to allow the participant to apply the concepts in their life to create meaningful change.

Creating New Behaviours

Exploring behaviours that have had negative consequences and using the Davis Life Concepts to explore and create desired outcomes and strategies.

Strengthening executive functioning skills

Developing and integrating the self-regulation tools and core concepts to improve executive functioning skills, focus, stress management and energy regulation.

Improving Social Integration

Exploring concepts that create foundations for positive, healthy relationships and behaviours with others.



"Our life has been forever changed thanks to the Davis Programme."

Mary Martin, Mother & now a Davis Concepts for Life Facilitator

Programme format and timeframe

The time to complete a Davis Concepts for Life Programme is flexible, however, a typical programme takes at least 60 hours.

It is an individualised programme focussing on your goals, delivered either in person or online.

Support on your journey

At Davis, we believe in every individual's potential, regardless of challenges. Let the Davis Concepts for Life Programme be your partner and embark on a transformative experience that will redefine what is possible for you. Unlock your gifts and thrive!



"I have a much stronger sense of who I am. I have a stronger framework to be in. I feel like I have got more 'mana', more presence."

**Concepts for Life Programme client,
New Zealand**

What happens next...

Join us as we guide you through each stage of your journey with Davis. We encourage you to ask as many questions as you'd like along the way, ensuring you feel empowered and confident that Davis is the right fit for you.

1. Free Discovery Call

To find out more about Davis, our programmes and workshops, we invite you to **book a complimentary Discovery Call** and spend up to 30 minutes confidentially sharing details of your situation with us. This will help you start to get an idea of which Davis solutions could be of value.

2. Initial Assessment

If what you hear resonates, **schedule an Initial Assessment** meeting (in person or online).

For many Davis Life Concepts programme assessments, this stage is covered in two meetings (if appropriate to your situation) – first with a family member, then with the individual themselves.

3. Recommendations

At or following the Initial Assessment, your facilitator will:

- Determine whether Davis is suitable for you and your situation
- Recommend which programme is best for your needs
- Indicate appropriate next steps

4. Book a programme

If you and your facilitator feel that Davis is a good fit, at this point, you can **book a programme**.

5. Programme delivery

Your Davis programme is **delivered one-to-one by an expert facilitator**. This can be done in person or online.

Davis Life Concepts programmes are flexible in their scheduling and duration and can take between 60 and 100+ hours, spread across several weeks/months. The duration can vary and will depend on each client and their individual situation.

6. Programme follow up

- Programme follow up work as needed

All programme packages provide you with:

- Training of a support person
- Telephone and email support post-programme
- Access to follow up review sessions (in person or online)

"I see how the stronger sense of who I am has allowed me to say no to what isn't for me and yes to what makes me happy. I no longer have to be reacting to everything happening around me. I can be centred and decide what is for me and what isn't for me. I choose to respond rather than react. It feels so freeing."

**Davis Concepts for Life Programme client,
New Zealand**

Contact Us

To find out more about Davis
Concepts for Life Programme



davismethod.com



lifeconcepts@davismethod.com



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**"After my programme, I have been clearer
with myself. Internally my decisions have
more structure, they are more defined"**

Davis Concepts for Life Programme client