

Delivering INSET training, workshops, courses and bespoke support to develop a whole school approach to Positive Well-being focusing on resilience, mindset, mental health and mindfulness for staff and children



To offer support I am running a FREE ONLINE HEADTEACHER WELL-BEING SUPPORT GROUP for local schools focusing on self-care, well-being, sleep, resilience and other support as requested. Some sessions will focus on mindfulness, meditation and relaxation techniques. Please email to join.

Inset Days – new for September 2020 (Available as live online courses from June 2020)

- **Positive Well-being for Staff (1 day)**
It starts with you! Teaching (and leadership) is an inherently stressful job. It is not selfish to prioritise self-care, it is essential. During this day staff will develop their very own toolkits to look after themselves, handle their stress, and build positive well-being, resilience, mindset and life balance.
Includes areas relevant to the current situation to support staff during this time.
 - **Positive Well-being for Children: A Proactive Approach for all Children (1 day)**
Prioritising the well-being of children in school enhances their academic performance rather than detracting from it. It also improves behaviour, attendance, attitudes and teacher well-being.
 - **Knowing Me: A Positive Well-Being Programme for all Children (1 day)**
This programme links to the course above and puts into practice many of the areas covered.
How can we expect children to know what is happening to them and how to look after themselves if we do not teach them about it? They don't know what they don't know!
This programme consists of eight teaching sessions, plus further materials, to proactively teach children about Positive Well-Being and support them to look after their mental and physical health, recognise and express emotions, self-regulate, make informed choices, build and maintain relationships, persevere and engage positively with challenges, learn to concentrate, become more focused and enjoy learning more.
Based on latest research and practice including EEF Guidance; supporting the RSE Curriculum
 - **Developing a Whole School Positive Well-Being Strategy (1 day)**
From the school starting point: Develop a whole school approach which encompasses mental health, mindset, positive well-being and resilience to enhance the well-being of staff and children and influence academic achievement.
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Courses, Inset Days and Workshops

- **Developing a Mindful School (2 days)**
Research shows mindfulness can have a huge positive impact on children emotional wellbeing, mental health, ability to learn, memory and concentration, behavioural self- management and in relationships with family and friends. Mindfulness also supports staff well-being.
- **Leadership Well-Being (1 day)**
How many leaders prioritise their own well-being? When you are well you are more resilient and energised, function more effectively and make better informed choices.
- **Early Career Teachers and Trainee Teacher Well-Being (1 day)**
Building awareness of 'thriving' and 'striving', how to handle stress, developing a positive and resilient mindset, and building a personalised well-being toolkit.
- **Leading Staff Well-Being in Schools (1 day)**
From the schools starting point: Developing Five Focus Areas through policy and practice to enhance the resilience and capacity in your team.
- **Positive Well-Being Workshops**
From one-hour sessions – perfect for staff meetings – twilights - inset days - tailored to the school

Bespoke Support

This can range from staff meetings, to inset days, to on-going support. All training and support are tailored to the exact needs and priorities of your School, Academy Trust or Local Authority.