



DELIVERING PILLARS OF WELLBEING

Presented by: Dr Hugh van't Hoff and John Davis

Do you want to improve happiness levels, promote a proactive and positive approach to learning and life, promote good attendance, encourage participation in physical activity, address diet and healthy weight?

Dr Hugh van't Hoff, Founder and Director of Facts4Life, is joined by co-Director John Davis for this interactive session based on the Pillars of Wellbeing incorporating the Facts4Life key ideas:

- **Riding the Ups and Downs** – *sometimes we feel well, sometimes not. That's normal.*
- **Keeping Balanced** – *we often don't recognise that most of the time, most of us get better from most illnesses without medical help.*
- **Smoothing the Path** – *we can learn to take greater responsibility for our health and respond positively to life's challenges.*

Throughout, your presenters will explore practical strategies and resources to build a strong mental health as a proactive approach to life and learning.

This session complements key elements of the PSHE curriculum including the new statutory guidance on Health Education and supports schools in the Ofsted judgement on Personal Development, Behaviour and Welfare.

Connect, Be Active, Notice, Learn and Give



Teaching School Hub
Odysseus



3 March 2022

4pm - 6pm

The Crypt School,
Podsmead Rd,
Gloucester,
GL2 5AE

Suitable for
practitioners in Primary
and Secondary settings

**£45pp or £35pp with
special discount***

(*if booking more than one
place/ a place on any other
session within Improving
Social & Emotional Learning
and Health Programme)

For Schools, By Schools

For more information and bookings:
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