



WELLBEING AND MENTAL HEALTH CURRICULUM

Presented by: Paulina Kirkpatrick

Do you want to help students channel their emotions and enhance their aspirations?

Scientific research has shown that the aspirations underpinning a child's development can strongly influence their future. Academic research has also proven that becoming involved in challenging and absorbing activities is important to people's ability to cope better with life.

Learning to manage the successes and failures present in the learning process, inside and outside school, is of vital importance in young people's development. Having a better understanding of how to increase the likelihood of happiness with life, and how to channel the emotional pains of set-backs en route, are the sorts of skills that can substantially improve an individual's progress.

This session aims to promote the growth and excellence of our young people through the following 6 elements which serve to promote well-being:

- Physical Health
- Positive Relationships
- Perspective
- Engagement
- The World
- Meaning and Purpose

Instead of focusing on solely managing existing problems, we aim to concentrate on how our students might capitalise on their human resources and make the best of their potential.



4 November 2021
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)



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For more information and bookings:
contactus@trainingoutreach.sandmat.uk
www.trainingoutreach.sandmat.uk