



## INSET: MENTAL HEALTH AND WELLBEING FOR TEACHERS

### Available Formats and Pricing

Twilight Introduction  
Half Day Development  
Full Day Comprehensive

Available Online or Face to Face  
\*Priced per head with Group discounts available

### Course Introduction

Often overlooked in the delivery of a busy and comprehensive curriculum, is the well-being of school staff. Often it takes a breaking point issue to really grasp the importance of initiating, developing and maintaining qualitative and quantitative staff well-being.

An investment in staff well-being development raises awareness of the importance of staff, and upskills them to take more control over their own well-being in an emotionally secure school setting. When staff are more at ease with their own well-being, this has a very positive impact on pupil engagement and achievement.

### Course Outcomes

By the end of the INSET, delegates will have:

- Identified and defined what stress is
- Identified different types of stress ie panic attacks, depression, anxiety
- Measured stress through a stress audit
- Identified stress triggers
- Reviewed current coping and preventative mechanisms
- Identified additional coping and preventative mechanisms
- Introduced strategies for coping for life enhancement and enjoyment

### Trainer Profile

Ross McWilliam has been engaging educating and empowering people for the past 30 years. He has worked in over 1500 schools, colleges and universities developing the mindset of pupils, teachers and senior leaders.

He has written for various journals such as Times Educational Supplement, SecEd, Head Teacher Update, Meetings & Incentive Travel and Lancashire Business View. Ross is a published children's author, more information can be found at: [www.cuppajourney.com](http://www.cuppajourney.com)

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"The whole staff really enjoyed your CPD session – it had learning, reflection and various ideas for implementing strategies."

**Fiona Brindley Headteacher St Brendan's Primary School, Bolton**

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ROSS McWILLIAM  
DEVELOPING PEOPLE - IMPROVING PERFORMANCE