



INSET: MENTAL HEALTH AND WELLBEING IN PUPILS

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

With the focus in schools well and truly on pupil mental health and wellbeing, this course will enable your school to get ahead of the learning curve in terms of mental health provision. Specifically, it will deliver a whole school approach to mental health, taking into account school mental health conversations, dialogue builders, setting up of a designated safe space, introduction to mind fitness strategies, awareness of wellbeing needs, and identification of all stakeholder requirements.

Being ahead of the curve means you can be assured that your school will be delivering positive mental health now, when the pupils need it. The impact on school well-being attendance, pupil independence in managing some of their mental health challenges and the ultimate benefits for improved exam outcomes cannot be over-emphasised.

Course Outcomes

By the end of the INSET, delegates will have:

- A greater awareness of various mental health conditions
- Simple ways to start and engage mental health conversations
- The value of key protective factors of connectivity, physical well-being, sleep, diet
- Identification and measurement of the importance of emotional competencies ie self-esteem, confidence, resilience, awareness, empathy
- Use of the Stress Bin concept to evaluate stress levels and existing coping mechanisms
- Introduction of various strategies to improve emotional competency and mental health – includes various video and resource supports
- Introduction to implementing Green Paper proposals in your school

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

"If there had been an option of "outstanding " in relation to the quality of the instructor, Ross McWilliam, I would have selected that. Working in education, I couldn't help but appraise the facilitation and coaching qualities of Ross, as well as learning from his experience and expertise. His style of delivery; inclusion; and management of the group was truly impressive. A role model in many ways. Many thanks indeed."

- MHFA Delegate Feedback



07771 916 788



ross@mindsetpro.co.uk



www.mindsetpro.co.uk



MINDSETPRO
ROSS McWILLIAM
DEVELOPING PEOPLE - IMPROVING PERFORMANCE