**Well Being Education Return 2022**

Following the successful implementation of the first round of Wellbeing for Education Return Training, a second round has now been developed.

We have taken feedback from the schools and are delivering this as a series of training and consultation twilight sessions.

The Wellbeing for Education programme focuses on:

* helping staff support wellbeing and resilience through psycho-education, in the context of recovery from COVID-19 and ongoing challenges
* helping schools and colleges use this psychological education to better manage the impact of COVID-19
* prioritising supportive, robust and resilient relationships within the educational setting

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| 10th May 2022  3.00pm – 5.30pm | Staff Wellbeing | The aim of this session is to look at how we can support wellbeing and resilience through easily understood psychological education. We introduce a framework from Public Health England which pinpoint eight key principles to promote emotional health and wellbeing in schools and colleges. ​We also consider how frameworks and strategies such as the Five Ways to Wellbeing can be implemented in settings to support the wellbeing of staff as well as pupils. | [https://www.eventbrite.co.uk/e/332987112417](about:blank) |
| 17th May 2022  3.00pm – 5.30pm | Understanding and Supporting Anxiety | During this session we will again be thinking about how we will use the principals of the 5 R’ to support the wellbeing of the pupils. We will help develop the participants knowledge of the type of questions to be asking which will encourage a style of curiosity and begin to develop the pupils understanding of the maintenance of anxiety. This will include empathising, recognising it is hard, understanding how the body responds to anxiety FFF/stress response and how safety seeking behaviours and avoidance feeds the anxiety.  Time will be spent looking and how pupils may respond to anxious behaviour and develop ways to manage anxiety using the principals below  1. Things may not turn out as they fear.  2. Even if things don’t go well, they can cope or do something about it.  3. By facing fears, they will learn new things that help them to overcome these. | [https://www.eventbrite.co.uk/e/333476797077](about:blank) |
| 24th May 2022  3.00pm – 5.30pm | Emotionally Based School Avoidance | In this session we look at the phenomenon of emotionally based school avoidance and non-attendance. We consider the various factors that may contribute to children not attending school and how these can be maintained or reduced. We will look at concepts such as the anxiety cycle, the anxiety and avoidance curve and look at key preventative strategies as well as what to do to best support a child or young person who is not attending school due to anxiety. | [https://www.eventbrite.co.uk/e/333484740837](about:blank) |
| 7th June 2022  3.00pm – 5.30pm | Supporting Parents in Managing their children’s Fears and Worries | During this session we will spend time looking at the key principles of the work by Cathy Creswell in how to support your child with their fears and worries. In helping parents to understand how they are responding to their child’s anxious expectations will in turn help them find alternative ways to offer support that will break the cycle of anxiety. We will Look at how we can help parents to develop a step-by-step plan to decrease avoidance behaviour’s and encourage independence. Time will also be given in this session to look at how staff respond to pupils’ anxious expectations and what strategies they can also use to break the cycle of anxiety. | [https://www.eventbrite.co.uk/e/333500758747](about:blank) |
| 14th June 2022  3.00pm – 5.30pm | Consultations | Consultations are conversations between professionals which give the opportunity to work collaboratively within a problem-solving framework for a solution focused discussion. Consultation aims to combine the expertise available, and the knowledge of the unique situation brought by the other professionals to formulate an action plan and strategies for change.  Before booking a consultation session, you will need to have sent us a brief outline of the presenting difficulties and what you would like to use this time for. Each slot will be for half an hour so having the information beforehand will help with the discussion. | [https://www.eventbrite.co.uk/e/333577999777](about:blank) |
| 21st June 2022  3.00pm – 5.30pm | Stress, Trauma and Loss | In this session we look at the functions behind our body’s psychological and physiological response to stress and what happens in situations where we are exposed to chronic stress or trauma. We consider ways in which best to support young people who have experienced stress and trauma and the factors we need to consider in the classroom. Strategies with how to support young people in the immediate aftermath of a bereavement will be discussed, as well as factors to consider as they child or young person moving into the next stage of living with loss. We will look at the PIES model of trauma informed working and signpost to further advice, support and training. | [https://www.eventbrite.co.uk/e/333593566337](about:blank) |
| 28th June 2022  3.00pm – 5.30pm | Consultations | Consultations are conversations between professionals which give the opportunity to work collaboratively within a problem-solving framework for a solution focused discussion. Consultation aims to combine the expertise available, and the knowledge of the unique situation brought by the other professionals to formulate an action plan and strategies for change.  Before booking a consultation session, you will need to have sent us a brief outline of the presenting difficulties and what you would like to use this time for. Each slot will be for half an hour so having the information beforehand will help with the discussion. | [https://www.eventbrite.co.uk/e/333598551247](about:blank) |
| 5th July 2022  3.00pm – 5.30pm | Consultations | Consultations are conversations between professionals which give the opportunity to work collaboratively within a problem-solving framework for a solution focused discussion. Consultation aims to combine the expertise available, and the knowledge of the unique situation brought by the other professionals to formulate an action plan and strategies for change.  Before booking a consultation session, you will need to have sent us a brief outline of the presenting difficulties and what you would like to use this time for. Each slot will be for half an hour so having the information beforehand will help with the discussion. | [https://www.eventbrite.co.uk/e/333616143867](about:blank) |
| 12th July 2022  3.00pm – 5.30pm | Understanding and Supporting Low Mood | This session will develop the participants understanding of how to use the principles of the 5 Rs to offer support and understanding to the presenting difficulties. **The 5 Rs** capture reminders of the types of actions of ways of helping that help recovery of wellbeing and nurture, to increase in learning, growth and hence resilience.  Using the 5 Rs in whatever order the situation requires (the ‘5 Rs’ are just a way of remembering): Relationships, Recognition, Reflection, Regulation and Resilience. Time will then be spend understanding symptoms of low mood and the maintenance cycle. Strategies will be discussed in how you can support young people to using the principals of behavioural activation and activity scheduling. | [https://www.eventbrite.co.uk/e/333673756187](about:blank) |