

Champion Training Workshop

Mental well-being impacts everyone at some point in their lives. Creating a healthy environment for school, sporting club and church communities can actively promote growth and positivity for staff, volunteers and children, leading to better outcomes and results, and higher levels of engagement.

Your staff and volunteers have a huge impact on the lives of the children and young people who are part of your local community. It is, therefore, critical that your whole team understand and appreciate their own mental and emotional well-being, as this will impact the cultural environment of your community. Also your staff and volunteers need to be able to identify the key indicators of poor mental well-being within children and colleagues alike.

Mental resilience is a vital component for success and healthy growth in any environment. Our team can work with your staff and/or volunteers to provide a facilitated day, which will explore and examine the key ingredients to help you to create a culture that is conducive for growth and to keep it that way!

The Flourish Project was established to *“equip young people to flourish into everything they can be”*. With your involvement, this vision can become a reality in your community. The 1-day Champion Training workshop has been specifically designed to improve understanding of the key theories around mental well-being, whilst providing genuine pragmatic solutions that can impact your local community in the long term.

During the day we will cover:

<p>1. THE BACKGROUND OF MENTAL WELL-BEING AND RESILIENCE The importance of understanding the factors which affect adults and children today.</p>	<p>5. SELF ESTEEM Discover the signs of low self-esteem and understand the impact that this has on mental and physical well-being and academic performance. Understanding how to increase self-esteem through positive self-talk.</p>
<p>2. GETTING THE FOUNDATIONS RIGHT Understanding the importance of relationship, vulnerability and group dynamics, and the importance of social bonds. Creating space to explore how we develop a healthy culture in our environments.</p>	<p>6. POSITIVE SOCIAL MEDIA Exploring and understanding the complexity of today's online world and the impact that this can have. Identifying ways that we can encourage a positive online presence and reduce the pitfalls for children and young people.</p>
<p>3. BELIEFS Exploring the basis for what we believe about ourselves and the world we live in. How do our beliefs impact our everyday life? Identifying the differences between helpful and hindering beliefs. The impact this has on the way we think, feel and behave both for adults and children.</p>	<p>7. GOALS AND ASPIRATIONS What motivates us to achieve? This session focuses on 'grit' – being focused to 'press-in' and not give up. Goals bring, determination, build character and mental resilience. Having a goal can lead to increased levels of motivation, stretching individuals to achieve more.</p>
<p>4. MINDSET Exploring both fixed and growth mindsets. The science of neuro-plasticity and neural pathways. Increasing resilience through creating healthy thought patterns, new memories and the physiological effects that this can have on community culture.</p>	<p>8. SELF-EVALUATION This important process should take place in all of our lives. It helps us reflect on what we have achieved, where we can improve and how we can learn from our experiences.</p>