

## Flourish Staff Training Workshop

Mental wellbeing impacts everyone at some point in their lives, creating a healthy environment for the whole school community can actively promote growth and positive teaching environments for both staff and pupils with the impact of better results and higher levels of engagement.

Your staff have a huge impact on the lives of the children that are part of your school community. With this in mind it is critical that your whole team understand and appreciate their own mental and emotional wellbeing as this will impact the cultural environment of your school. In addition to this your staff will also be able to identify the key indicators of poor mental wellbeing 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 school to provide a facilitated day which will explore and examine the key ingredients that will help you to create a culture that is conducive for growth and 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 school community. The 1-day workshop has been specifically designed to improve understanding of the key theories around the area of mental wellbeing whilst providing genuine pragmatic solutions that can impact your school community in the long term.

During the day we will cover:

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| <p><b>1. THE BACKGROUND OF MENTAL WELLBEING AND RESILIENCE</b><br/>The importance of understanding the factors which affect staff and pupils today.</p>   | <p><b>5. SELF ESTEEM</b><br/>Discover the signs of low self-esteem and understand the impact that this has on mental and physical wellbeing and academic performance. Understanding how to increase self-esteem through positive self-talk.</p>  |
| <p><b>2. GETTING THE FOUNDATIONS RIGHT</b><br/>Understanding the importance of relationship, vulnerability and group dynamics and the importance of social bonds. Creating space to explore how we create a healthy culture in our school environments.</p>   | <p><b>6. POSITIVE SOCIAL MEDIA</b><br/>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 pupils.</p>   |
| <p><b>3. BELIEFS</b><br/>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 and the impact this has on the way we think, feel and behave both for staff and the pupils in the school.</p> | <p><b>7. GOALS AND ASPIRATIONS</b><br/>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><b>4. MINDSET</b><br/>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 the school culture.</p>   | <p><b>8. SELF-EVALUATION</b><br/>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>   |