

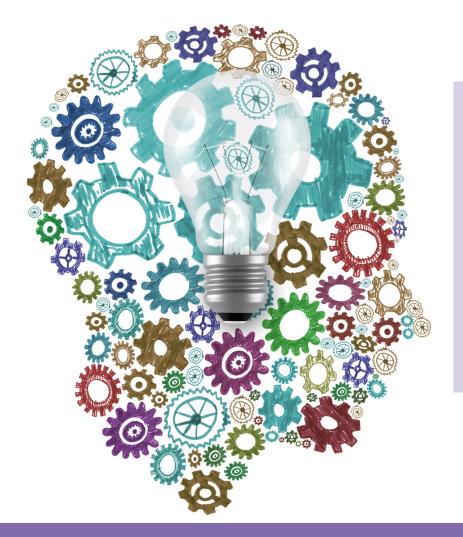
Mental Health & Wellbeing in Schools 2021

Secure a strong mental health and wellbeing culture for your staff and students

Digital modules: 9:30am to 11:30am/11:45am with on-demand sessions available

2 and 9 December 2021

Benefit from a full set of recordings



Expert speakers include:

Bradley Busch

Registered Psychologist and Director, Innerdrive

Tony France

Director, Headsight Services

John Rees

Education Consultant, PSHE Solutions

Dr Emma Silver

Consultant Clinical Psychologist, Tavistock and Portman NHS Foundation Trust

BE PROACTIVE

Gain confidence in your next steps towards a healthy school

SUPPORT

Secure your staff and students' wellbeing

PRIORITISE

Identify valuable strategies to keep, improve or leave behind

Programme includes:

Module one (Thursday 2 December)

Lessons learned from the pandemic

Understand what has changed over the pandemic and how to approach mental health subsequently Tony France, Director, Headsight Services

Staff wellbeing

Cultivate a culture at your school that makes staff mental health a priority; remove stigma and obtain new methods to help promote positive staff wellbeing

John Rees, Education Consultant, PSHE Solutions

Whole school wellbeing

Develop strategies for installing a curriculum of wellbeing in your school, from SLT, to staff, to students *Rachel Tomlinson, Headteacher, Barrowford Primary School*

Module two (Thursday 9 December)

Anxiety

Develop strategies to deal with students who are anxious and worried for their future

Alex Stuart, Practitioner, The Self-Esteem Team

Resilience

Work through the difficulties that students face and equip yourself with methods to help them respond to adversity

Bradley Busch, Registered Psychologist and Director, InnerDrive

SEND wellbeing

Take away positive strategies learned from the period of disrupted learning and mental health

Sowing the seeds of optimism

Gain confidence in your school's approach to wellbeing practices and learn how to act on, not just react to, mental health issues

Pre-recorded sessions on demand

Bereavement and grief

Understand the impact that bereavement has on a child's wellbeing and learn how to provide pro-active support *Nicolas Ellis-Jones, Practitioner, Winston's Wish*

Body image

Gain confidence when dicussing body image and the real-life effects of the virtual world during the pandemic and learn how to build self-esteem in your students

Martin Stanniforth, Dove Self-Esteem Project Catalyst

Mental health crisis recognition

Recognise when someone might be struggling and respond effectively to mental health crises Dr Emma Silver, Consultant Clinical Psychologist, Tavistock and Portman NHS Foundation Trust

BOOK TODAY

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'Another great event empowering us, on the ground, dealing with mental health in schools'

WELLBEING COORDINATOR, MARY HARE SCHOOL

'Very high quality training that is packed with tips and strategies that can be tailored to the needs of individual schools'

MENTAL HEALTH LEAD NORTH BECKTON PRIMARY

Prices	Was	Now
Primary	£279 + VAT	£199 + VAT
Secondary	£359 + VAT	£279 + VAT
LA	£399 + VAT	£319 + VAT
Other	£439 + VAT	£359 + VAT
Premium Plus Member	This event may be part of your subscription. For further details contact your account manager.	

Book online at: oego.co/MH-Digital-2021

If you do not fit into one of the above categories, please contact us on **020 8315 1506** or email **oe.conferences@optimus-education.com**