

# 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 discussing 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

[oego.co/MH-Digital-2021](https://oego.co/MH-Digital-2021)



*'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	<del>£279 + VAT</del>	£199 + VAT
Secondary	<del>£359 + VAT</del>	£279 + VAT
LA	<del>£399 + VAT</del>	£319 + VAT
Other	<del>£439 + VAT</del>	£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](https://oego.co/MH-Digital-2021)**

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