

PRACTICAL STRATEGIES TO DEVELOP EMOTIONAL RESILIENCE

Building social and emotional wellbeing for you, your pupils and your parent community

What you will gain from this workshop

- ✓ Create emotionally healthy learning environments
- ✓ Develop positive behaviour management strategies
- ✓ Confidently use techniques to manage challenging situations
- ✓ Build positive relationships with parents, pupils and colleagues
- ✓ Improve communication and feedback to raise standards
- ✓ Manage your own stress levels and wellbeing in and out of the classroom

Outcomes for you, your class and your school

- ✓ Children make positive choices for themselves and others
- ✓ Increased resilience
- ✓ Better emotional health
- ✓ Students learn to take responsibility for their behaviour and improve social skills
- ✓ Work collaboratively to build a positive, supportive school community

“The training was fantastic and the term has started so positively. Even though budgets are tight, it was money well spent. Thank you for doing such an amazing job and I hope other schools value your expertise as much as we do.”

Headteacher



£1800
for up to
25 staff

Each school will receive

- *The Teaching Puzzle* book—a written guide to developing emotional resilience in schools for each participant.
- Eight Curriculum Handbooks of your choice with lesson plans for teaching social and emotional skills (available in each primary phase).
- Resources for your school: The Nurturing Game, Feeling Faces and Ask It Tell It



Get in touch!

If you want to book team training or have a conversation about how we might work with you, [please email](mailto:education@familylinks.org.uk) or give us a call.

01865 401800 • education@familylinks.org.uk • www.familylinks.org.uk