



Find Your Path ~ Lisa Wilson
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Staff Wellbeing with Lisa

1. Wellbeing and Resilience Workshop
(1 hour)

This workshop gives your staff the chance to reflect on their own wellbeing, their current role and techniques on how to improve their wellbeing. Staff leave with a personal wellbeing toolkit on how best to look after themselves in their current role. We explore the Mental Health Continuum and as a teacher myself I have a clear understanding of how best support your team. Staff will leave feeling energised, their teaching spark being ignited and feeling calmer and motivated.

2. Building a Wellbeing Programme

(2 hours, plus 1 classroom based session which can be observed by staff)

I work with staff to create a wellbeing programme that your school can roll out and use that is specifically tailored to suit your children and bespoke with your aims. In this workshop we explore the eight principles of promoting a whole school approach to mental wellbeing. I leave your staff with a tool box of resources and techniques to use with their classes. We discuss the particular needs of your school and how best to approach this.

3. Effective Communication and Growth Mindset
(1 hour)

This workshop explores how important our use of language is for building relationships with our students and positive behaviour management. Staff will explore Growth Mindset vs Fixed Mindset and the different ways we can adapt our language to ensure this. Furthermore, staff will be introduced to the Labelling Theory and Self-Fulfilling Prophecy and how to ensure we are holding ourselves to account.

4. Coping with Stress
(1 hour)

This session explores how we cope and manage stress in our lives and how we can improve our work life balance. In this workshop we focus on how to reduce stress, strategies and tools to gain a positive work life balance and how to become aware of stress indicators in ourselves and others.

5. Relaxation and Wellbeing
(45 minutes)

This is a relaxation and meditation session. Staff are invited to a calming experience of meditation and relaxation. We explore breathing techniques and how to feel relaxed.

