

# Wellbeing Workshops for Staff and Students

## Student Workshops

My workshops support children's mental wellbeing with a range of techniques to enable them to calm their mind and body and give them the tools to do this independently.

I use a holistic approach that is fun and creative to support children to feel happier, calmer and build their confidence and resilience.

## Staff Workshops

Staff workshops help motivate and build resilience to cope with the challenges faced.

We explore how to improve our wellbeing, practise strategies and techniques as well as offering an opportunity for staff to be reflective about their personal wellbeing and growth.

## WHO AM I?

~ A qualified teacher with over 15 years experience in Nursery, Primary and Secondary Schools.

~ An accredited Mental Health First Aider

~ A Life Coach.

~ A Mindfulness and Meditation Practitioner.

## Next Step...

If your school would benefit from a wellbeing boost ~ for staff or students ~ get in touch today to discuss your needs. All schools receive a complimentary 45 minute student workshop.

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# Find Your Path ~ Lisa Wilson

## Student Wellbeing Workshop

SENDCO-Waterside Academy

Wow thank you so much Lisa for your session with our Year 6 students. You adapted to the extremely hot weather and gave our children a memorable experience. The children told me they appreciated the themes and they feel they have something they can use in their personal lives and at secondary school next year. We look forward to booking you again for future sessions at our school.

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## Staff Wellbeing Workshop

HR Manager Mouni Grace School

Lisa's warm and approachable nature, combined with her background as a former teacher, made her a perfect fit for our staff. Her wealth of knowledge in the field of staff wellbeing was impressive. But what stood out the most was her ability to connect with us and make the content relatable. She had this great balance of professionalism and a friendly, down-to-earth approach that made the session both informative and enjoyable. I wholeheartedly recommend Lisa Wilson to any school looking for an expert facilitator who can truly engage and connect with their staff. Trust me, you won't be disappointed!

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## Staff Wellbeing Workshop

Deputy Headteacher - St Giles Primary School

Lisa led a wellbeing workshop and guided meditation for our staff as part of our wellbeing week in school. At the time, our school was in challenging circumstances so she listened to the needs of staff and planned a wonderful session that gave us all space to relax and to feel more comfortable. She talked to us about how we could use these skills ourselves and made us all feel much more able to give ourselves the attention we needed. I would highly recommend her to any school.

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## Student Wellbeing Workshop

SENDCO- St Mary's Primary School

Thank you so much for coming to our school. Your experience and passion for supporting children's wellbeing shines through. Your ability to walk into a classroom of children unknown to you, gain their full attention, and then produce a wellbeing session that was not only memorable but had such a positive impact on the children is inspiring.

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