

Road to Resilience

This whole-school support approach focuses on improving students, parents and teachers mental well-being, promoting the importance of growth mindset mentalities and ensuring that students are fully equipped to cope with the pressures of exams and achieving a school/life balance.

Description

This is a 2 day support programme

Resilience, well-being and growth – students

Resilience – parent twilight session

Resilience & Mental Health Awareness INSET day

Content

During this package, students, parents and teachers will:

- Learn how to challenge habitual thought patterns
- Understand the difference between fixed and growth mindsets
- Learn how their brain works and the power of positivity
- Be introduced to the psychological process of mindfulness
- Develop soft skills including character building, raising self-esteem, confidence and motivation
- Develop their emotional & mental wellbeing

Features & Benefits

We believe in providing sustained interventions for schools. Involving parents and teachers in student-focused interventions ensures that learners feel supported and confident about trying out their new skills. Parents and teachers will be upskilled with a range of tools to develop their own resilience and mental wellbeing as well as some inspirational techniques to support learners.

This holistic support package involves parents and teachers, to provide students with reinforcement as they develop their emotional, academic and social intelligence and resilience.

Aims

- To build resilient students, parents and teachers with positive emotional, social and academic well-being
- To provide students, parents and teachers with a whole-school approach to building resilience

Logistics & Dynamics

- Each workshop is 2 hours long
- We deliver 2 x 2 hour workshops per day to 2 different groups of students
- Each workshop can be delivered to up to 150 students (unlimited parents and teachers)
- You are able to tailor your day in a variety of ways, please get in touch to find out how

“Very intensive and detailed with lots of good strategies to help combat anxiety, develop resilience and to introduce different methods of revising.”

Haberdashers' Aske's Girls School



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