

## STAFF WELLBEING WORKSHOP

Delivered in your school at a date and time convenient to you  
[josiewells@nhs.net](mailto:josiewells@nhs.net)



Improving the wellbeing of your staff can improve the effectiveness of your school and reduce staff absence

“It was good to have time to reflect and acknowledge what we do, and identify some of our stresses, whilst identifying how we might reduce them. I really benefited from the workshop”

“It is good to discuss and share stress and start to lower the stigma. The relaxation exercise was fantastic! A very thought provoking workshop”

**This 90 minute workshop will provide an opportunity for school staff to:**

- Understand the importance of maintaining positive mental health and wellbeing
- Recognise the signs and symptoms of negative stress
- Know how to develop and foster resilience, including managing change
- Explore strategies to aid relaxation
- Identify whole-school activities to promote staff wellbeing

***This session is fully funded with no cost to participants***

**Who should attend?**

All school staff are welcome

**To book a place email:** [josiewells@nhs.net](mailto:josiewells@nhs.net)