

Promoting Mental Well-being

Training Details:

Course Tagline	School staff are not therapists but there is still a lot they can do to promote mental well-being for all the children and young people they work with.
Course Length	Half Day 2.5 hours
Course Outline/Description	This course will consider <ul style="list-style-type: none"> • How to recognise symptoms of declining mental well-being in children, young people and adults • How to start a dialogue about mental health and well-being with children and young people • Strategies that can be used to promote mental well-being for learners. • Strategies that can be easily implemented to ensure mental well-being among staff
Target Audience	Anyone working in schools or other settings with children and young people. Particularly useful for Designated teachers for Looked After Children, SENCOs and staff who work in inclusion or pastoral support.
Course Outcomes	By the end of the course delegates will be able to identify signs of declining mental well-being and have a range of strategies to implement to promote positive well-being among both learners and staff within school
Course Trainer	Sheila Mulvenney

Pricing - if arranged by Attuned Education

Cost per delegate	£50 payable via website www.attunededucation.com
Refreshments	Included in cost

Pricing if arranged by a school or other organisation

Cost of training	£500 invoiced to course organiser
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