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20:20 Vision. School-based CPD – Talks, workshops, and webinars.

The sessions below can be condensed into a twilight or delivered as a half day INSET which would facilitate a more interactive and experiential learning experience. *As a result of the Covid-19 situation, all of the topics listed can be delivered in a more agile way via webinar format. Please contact to discuss.*

All teachers – cross phase

Resilience and wellbeing

1. Personal and professional resilience and wellbeing.
2. Purpose and Values – fulfilment and impact as a teacher / leader / manager.
3. Signature strengths and self-esteem. Strengthening them as they grow from the inside out – developing intrinsic motivation.
4. (Work), rest and play – foundations of wellbeing – what teachers need to know.

Courageous conversations - building trust, connection, engagement

1. Getting traction in 1:1s with teens– securing trust, engagement and improving performance of less engaged students.
2. Listening skills – and dialling up your impact in 1:1 work with pupils
3. Questioning skills – increasing engagement, developing agency and securing positive action.
4. Thinking about the lost middle and reaching the hard to reach

Peer group life, relationships

1. Working with difficult groups and cliques
2. Supporting students who feel lonely, lack social confidence and may be experiencing social anxiety.
3. Popularity research and girls' relationships 8-18 – fostering inclusivity and likeability.

Handling conflict and anxiety

1. Anxiety – what teachers need to know and how they can help.
2. Supporting students with the 3 Ps of self-sabotage...procrastination, perfectionism and performance anxiety.
3. Supporting students with social anxiety.
4. Supporting young people over periods of loss, change and grief.
5. Supporting pupils and parents through transitional times in Years 4, 5 and 6.
6. Working with difficult, passive, and disengaged groups at sixth form (academic and pastoral)

The dynamics of the teacher –pupil relationship

1. The Emotional Aspects of Teaching & Learning
2. An introduction to psychodynamic thinking

Working with families

1. Working with difficult parents – handling emotionally fraught situations with less stress
2. Working with parents of anxious pupils
3. How to work with children and parents undergoing divorce or family separation. The role of the teacher, the role of the school.

Support Staff

1. Pastoral Skills for Support Staff – Junior or Senior School staff
2. Working through difficult situations with parents, pupils and colleagues.

Managers & leaders

1. Compassionate management & leadership
2. Positive psychology – using character strengths to inspire your teams.
3. Working through difficult situations with colleagues. The emotional aspects of management
4. Wellbeing and working with anxiety – a workshop for pastoral & safeguarding leads
5. Developing your impact as a Pastoral Leader
6. Workshop for the DSL and Deputy DSL team – teamwork – supporting ourselves and each other in a high-stakes, high pressure area of school life.
7. Pastoral teamwork – developing resilience and reflectiveness in your pastoral team
8. Listening skills, empathy and professionalism in emotional situations. (School leadership team – handling conflict, mediation)

Primary / Prep schools & EYFS

1. Anxiety - how school teachers of younger children can observe anxiety and work with children and parents in empowering ways.
2. Supporting the development of emotion regulation in the classroom and with individuals.
3. Coaching skills to develop 1:1 work in a primary setting.
4. The Emotional Aspects of Teaching & Learning – Junior School.
5. Inclusive friendships, good groups, and proactively protecting & empowering children to recognise and act on the negative patterns of bullying and difficult group dynamics.
6. Supporting young people and parents around issues of social anxiety, shyness and loneliness.
7. Social and Emotional Development in the Early Years and KS1.
8. Supporting pupils and parents through transitional times in Year 5 and Year 6.
9. The approach of Adolescence and the Primary School Teacher.
10. Setting up a peer mentoring scheme in a Junior / Primary school setting.
11. Supporting students with performance anxiety.

Secondary

1. Getting traction in 1:1s with young people – securing trust, engagement and improvement
2. 11-16 Early to Mid-adolescence – what Form Tutors need to know and how they can help
3. Late adolescence – what Sixth Form Tutors need to know – and how they can help
4. Friendships – the good, the bad and the ugly in the teenage years and the role of adults in helping teens find their voice.
5. Bullying and Difficult Group dynamics in the teenage years
6. Adolescence and the secondary school teacher
7. Inspiring student leadership and enhancing the pupil voice
8. Working with difficult, passive, and disengaged groups at sixth form (academic and pastoral)
9. Supporting students with test/ performance anxiety
10. Understanding the importance of sleep in adolescence – for learning, wellbeing, relationships and focus.

Leadership coaching

As a trained Co-Active coach, and former school leader (Deputy Head at Godolphin and Latymer School 2005-2011), I also provide 1:1 coaching in support of the CPD managers or school leaders. Areas of focus might include:

- Working with difficult teams.
- Working with difficult colleagues.
- Developing your impact, reach and resiliency. (stepping into leadership or evolving as a school lead)
- Staying connected with values and vision in a busy role that involves dealing with difficult situations
- Working in a high pressure role – managing energy.

Shorter sessions – more information-based and suitable for short, standalone webinar format.

- Work, rest and play – foundations of wellbeing – what teachers need to know.
- Understanding flow and why it is so important to wellbeing
- Savouring and growing the good – how to support girls in lifting out of the drain of negative thoughts and feelings.
- Calming plans for mental hygiene – beyond mindfulness and meditation, methods to help children learn to down-regulate and lower their stress responses.
- Sleep – why it is so important to wellbeing and learning. How to help girls (and ourselves!) achieve better quality sleep in the right quantity.