

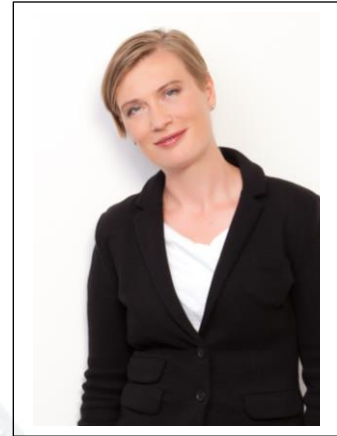
Wellbeing talks for schools

RSE & PSHCE talks, workshops, & Webinars

By Emma Gleadhill – Speaker, Trainer, Coach.

Social and emotional development, relationships, and wellbeing

The topics listed below can work as talks with Q and A in shorter sessions within a 45 min or 1 hour time-frame.



Longer sessions eg 90 minutes can take more interactive, exploratory approach as workshops.

Empowering young people to actively care for their mental health and wellbeing

Years 5 and 6 (The approach of adolescence)

- Working with feelings – why emotions matter.
- **RSE:** Managing friendships and conflict in times of change.
- **RSE:** Popularity, likeability, inclusion, exclusion – and loneliness.
- Understanding anxiety – being the boss of my brain!
- Managing pressure and competition, preparing to perform.
- Leadership and self-management. The leader in me.
- **RSE:** Understanding brain changes of adolescence and changes to my relationships.
- An introduction to mental hygiene – understanding how worries work and building mental health and resilience
- Endings and new beginnings – handling change.

Years 7 – 9 (Early adolescence 11-14)

- **RS.** Friendship – the joys, the pains and handling change
- Being the boss of my brain in times of change
- Understanding and working with anxiety.
- **RSE.** Assertiveness and handling conflict in healthy ways
- **RSE.** Health-checking your relationships – what to celebrate, what to watch for...
- **RSE.** Popularity, likeability, inclusion, exclusion – and loneliness.
- **RSE.** Defining friendship – my values, my boundaries and finding my voice.
- **RSE.** Group life. The good, the bad and the ugly – and how to stand strong.
- An introduction to mental hygiene – understanding how to build mental health and resilience
- **RSE.** Conflict and changes in family life – relating to parents and siblings at a time of change, managing difficult feelings, strategies for finding my voice.

Years 10 – 11 (Mid adolescence 15-17)

- **RSE.** Rising strong in myself and my community: emotional intelligence, wellbeing, and standing aside from groupthink.
- **RSE.** Supporting friends in need. Care of self and others. Thinking about boundaries.

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- Looking at the best we can be in our relationships – at work, at play and at home
- Psychological preparation for exams. Understanding how my brain works as a learning machine! Working with pressure! **PTO**
- Wellbeing and working with performance anxiety.
- The pillars of wellbeing – positive psychology and nurturing a strong inner self
- Sleep – getting more out of getting rest. Mental hygiene, tuning up performance in academic focus, learning potential, and relationships.
- Beyond Perfectionism and procrastination. Understanding and empowering yourself to work more effectively.
- **RSE**. Equal, healthy relationships and emotional intelligence. Consent: pleasure, emotional intelligence and the values involved in embarking on intimate relationships.

Years 12 – 13 (Start of late adolescence 17-18)

- **RSE** Loving and leaving at sixth form. Wellbeing and changing relationships. Family, friends, and romance.
- Wellbeing and decision making for UCAS and beyond. Playing to character strengths, values, and developing purpose.
- Thriving at sixth form and beyond! Finding value and fulfilment in your working life.
- Finding your flow – when times get tough. How to recognise signs and symptoms of burnout and what to do to rise out of the drain!
- Recognising anxiety and empowering yourself.
- Sleep – getting more out of getting rest. Mental hygiene, tuning up performance in academic focus, learning potential, and relationships.
- **RSE**. Equal, healthy relationships and emotional intelligence. Consent: pleasure, emotional intelligence and the values involved in embarking on intimate relationships.
- Beyond perfectionism and procrastination. Freedom from self-sabotage. Understanding and empowering yourself to work more effectively.

I have a track record of providing inspiring and engaging talks for all year groups, both single sex and co-ed.

I also provide complementary talks and workshops for parents, teachers and conferences.

Training methods:

- **Coaching**: challenging thinking & connecting observation with inner wisdom. Engaging pupils in deeper reflection and informed action.
- **Neuroscience**: understanding how the brain works, reduce self-sabotage, stop bad habits, move forward with insight and empowerment.
- **Somatics**: reconnect the mind and body and harness the power of emotional intelligence in motivating individuals towards action.
- **Positive psychology**: informed by the latest research in the science of how we thrive.



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