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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.

All sessions are bespoke to meet the specific priorities and objectives identified by the school. ***Please contact to discuss.***

All teachers – cross phase

Flagship courses for 2022-2023:

How to have difficult conversations with more impact and less stress – a standalone session or a deeper dive masterclass in four parts spread over 2 terms.

Personal and professional resilience when supporting young people through troubling issues and worrying times.

How to down-regulate from anxious states and work with worry. A practical session – embodied practices that work.

Supporting young people through periods of loss, change, and grief – including divorce and separation.

Inclusivity and friendship skills for children, teens, and tweens. How to reframe the conversation around in-groups, out-groups, and belonging, and empower young people to know their boundaries, and find their voice.

Supporting students who are stuck.

Working with fear, and the fearful mindsets that hold young people back.

By theme:

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.
5. Building engagement and motivation in hard-to-reach children.
6. Supporting individuals: ways of working with the harsh inner-critic – how to shift the way that fear impacts on performance.

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.

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.
4. Likeability skills – what they are, why they are so key to improving culture and relationships, and how to foster them.

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 (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 Professional 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. Wellbeing and working with anxiety – a workshop for pastoral & safeguarding leads
4. Developing your impact as a Pastoral Leader
5. Pastoral teamwork – developing resilience and reflectiveness in your pastoral team
6. Listening skills, empathy and professionalism in emotional situations. (School leadership team – handling conflict, mediation)

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 more bespoke CPD for managers or school leaders. Areas of focus might include:

- Working with difficult teams.
- Working with difficult colleagues.
- Developing your purpose, impact, 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.

By phase.

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. Self-regulation skills – a toolkit approach to empowering young people with a range of strategies to down-regulate from anxious states. Supporting the development of emotion regulation in the classroom and with individuals.
3. Listening skills for working with children in distress - developing naming, and reframing skill-sets.
4. Coaching skills to develop 1:1 work in a primary setting.
5. The Emotional Aspects of Teaching & Learning – Junior School.
6. Inclusive friendships, good groups, and proactively protecting & empowering children to recognise and act on the negative patterns of bullying and difficult group dynamics.
7. Supporting young people and parents around issues of social anxiety, shyness and loneliness.
8. Social and Emotional Development in the Early Years and KS1.
9. Supporting pupils and parents through transitional times in Year 5 and Year 6.
10. The approach of Adolescence and the Primary School Teacher.
11. Setting up a peer mentoring scheme in a Junior / Primary school setting.
12. 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.