

Wellbeing talks for Senior and Secondary Schools

RSE & PSHCE talks and workshops

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.

In-person one-day workshops also available and will be made bespoke to the needs of the group.



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

Years 7 – 9 (Early adolescence 11-14)

Managing my mind

- An introduction to mental hygiene – understanding how to build mental health and resilience, and understanding your own signs of strain.
- Designing a calming practice – developing Swiss army knife toolkit that works for you!
- Endings and new beginnings – handling change.
- Understanding adolescence from a brain-based perspective.
- Emotional agility skills – how to down-regulate from anxious states.

Relationships Education – standing strong in group life.

- RSE. Friendship – values, boundaries, and finding my voice in times of change
- RSE. Assertiveness, trouble shooting skills, and handling conflict in healthy ways.
- RSE. Popularity, likeability. Inclusion, exclusion, and loneliness.
- 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.

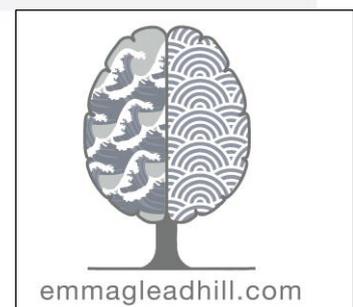
Years 10 – 11 (Mid adolescence 15-17)

Managing my mind

- Motivation and making meaningful change.
- 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.
- Psychological preparation for exams. Understanding how my brain works as a learning machine! Working with pressure!
- Wellbeing and working with performance anxiety.

Relationships Education – standing strong in group life.

- **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 where mental health and wellbeing is at stake.
- **RSE.** Looking at the best we can be in our relationships – at work, at play and at home
- **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)

Motivation, performance, the transition to independence.

Managing my mind

- Motivation and making meaningful change. Setting myself up for sustained success, rather than burst effort.
- Thriving at sixth form and beyond! Finding value and fulfilment in your working life. (Wellbeing and decision making for UCAS and beyond. Playing to character strengths, values, and developing purpose.)
- 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.
- Beyond perfectionism and procrastination. Freedom from self-sabotage. Understanding and empowering yourself to work more effectively.
- Digging deeper and working well – the psychology of optimising your performance under pressure, and brain-based revision hacks.

Relationships

- **RSE** Loving and leaving at sixth form. Wellbeing and changing relationships. Family, friends, and romance.
- **RSE**. Equal, healthy relationships and emotional intelligence. Consent: pleasure, emotional intelligence and the values involved in embarking on intimate relationships.
- **RSE**. Harsh inner critics, and the power of self-compassion. Checking in with the stories we tell ourselves.

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.

Workshops and wellbeing talks for Senior Schools and Sixth Form.
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