

Wellbeing talks for Junior, Prep, and Primary 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 5 and 6 (The approach of adolescence)

Managing my mind

- Working with feelings – why emotions matter – and how to access calm under pressure.
- Understanding anxiety – being the boss of my brain!
- Leadership and self-management. The leader in me.
- An introduction to mental hygiene – understanding how to work with worry effectively.
- Designing a calming practice – developing Swiss army knife toolkit that works for you!
- Endings and new beginnings – handling change.

Relationships Education – healthy and equal relationships in the transition from tween to teen – friendship and self-advocacy skills.

- Managing friendships and conflict in times of change.
- Healing from hurt, managing loneliness, and finding my voice.
- Popularity, likeability, inclusion, exclusion – and loneliness.
- Understanding adolescence – the golden age of brain change!
- Stepping out and stepping up – how parents can support the transition to secondary school.

