



LEAD WELL

Becoming a Wellbeing Leader in Education

Format: Face to Face course delivery

Duration: 4 Day training programme (3+1) plus at least 2 follow up online support sessions

Aims:

- Review the key positive psychology research that supports the concept of flourishing.
- Explore the strategies that can be practiced to contribute to increased a sense of wellbeing.
- Establish how these concepts can be broken down and taught to students and staff
- Create a wellbeing curriculum for your setting.
- Develop learning activities and strategies that will be used to deliver the wellbeing curriculum.
- Devise an implementation plan and impact cycle to take back to your own educational setting.

Day 1 - 9.30am - 4.30pm

Module 1. The Art of Being Brilliant

An introduction to Positive Psychology that includes some simple science but no big words. Thought-provoking and engaging, this module begins the transition to 'best possible self'. We introduce some early lessons on positive emotion, resilience and gratitude. The Art of Being Brilliant begins to shift your priority from 'Mental Health' to 'Mental WEALTH'.

Module 2. Clarity

Your Ultimate Guide to Resilience. Humans are really good at learning and really bad at un-learning. The result is that we can get stuck in a loop of over-thinking and unhelpful habits. This 'noise' gets in the way and we can lose our shine. We end up in a state of near-permanent anxiety and exhaustion, wishing life was different. While most training is additive (it gives you more things to do and remember), Clarity is subtractive. Clarity peels back the layers, getting you to think about your thinking. As the world begins to feel lighter we find ourselves better able to tackle whatever life throws at us. We explore how to teach others these strategies.

Day 2 - 9.30am - 4.30pm

Module 3. Finding Your Tribe: Creating Positive Relationships

We live in a virtual world yet research shows that strong social connections – real life relationships - are the biggest factor in happiness. This session focuses on how to make positive human connections. It's less about followers and more about friendships. School/University/College is an opportunity for students to form new, lifelong friendships and connections. 'Finding Your Tribe' includes information on communication as well as a host of top tips to maintain good quality relationships for school/university/college, home, and life beyond.

Module 4: Employ-ABILITY: Fire Up Your Future

The blunt truth is that too many people get stuck in 'average mode'. There's a never-ending focus on lack. This module goes back to basics, daring to start with the assertion that if there's something missing in life, it's probably YOU. This module explores connection (or re-connection) with purpose and how we can make authentic and valued contributions to our lives and society.

Day 3 9am - 3.30pm

Module 5. Life By Design

Contrary to popular belief, the secret of success is failure - lots of dirty, rotten failure! We will find willpower and 'way-power' by learning how to maintain a growth mindset. This module takes the core messages of engagement, flourishing, resilience & personal responsibility and looks at embedding them in everyday actions. It provides motivational rocket fuel to push beyond our comfort zones in times when it is most needed.

Module 6. Self-Care: Health is Wealth

Physical and mental health are connected so this is a reminder to get the basics right. In a world dominated by screen time, eating, moving and sleeping well are 'keystone habits' that provide a launch pad for optimum physical and mental health. This module is shaped around self-care and, as such, also introduces some key concepts of mindfulness and 'being in the moment'. We recognise that a lot of what we do is habit, and we explore how to change habits and help your students to do the same.

As part of the third day we will review all of the activities and teaching approaches that have been explored. There will be an opportunity to co-create and co-design lessons and activities, share thinking and initial strategies for implementation. We will also spend some time discussing and creating implementation plans, impact and approaches to ensure that you are able to successfully contextualise and lead wellbeing programmes back at your organisation.

The programme has been designed by a quality improvement specialist and will discuss evidence based approaches to designing impactful training and wellbeing programmes for your organisation. You will leave the first 3 day training programme with a sound understanding of the flourishing toolkit, the resources and activities that you will be able to use, as well as an implementation plan of how to make an impact on your students, and your staff.

Day 4 - approximately 100 days after the initial 3 day training. 9.30am - 4pm

Day 4 is a follow up day which includes more positive psychology and will review implementation so far. It will be a chance to share and collaborate with others as to how the initial roll out of a wellbeing curriculum has been going, as well as spend time tackling any challenges that you may be facing. We will focus heavily on the successes of the programme since the first three days of training and will evaluate how the activities, resources and teaching has been progressing. We will review, edit and expand the implementation plans to support continued successful roll out for the rest of the academic year and beyond.