



NeuroSmart
Learning

Beyond the Classroom: Teacher Wellbeing for Enhanced Teaching and Learning

Mastering Stress, Building Resilience

Feeling the weight of stress in your role as a Headteacher? Wondering how you can not only manage your own wellbeing but also support your teachers and enhance their resilience and, in turn, boost student outcomes? During this full day INSET we will unravel the science of stress and learn easy to use strategies that benefit everyone.

What you will learn:

- *How the brain and body respond to the myriad of stressors of daily life and how this impacts wellbeing, learning and behaviour*
- *Proven strategies to enhance overall wellbeing and ways to seamlessly incorporate them into your day.*
- *Simple techniques to manage stress and energy in a challenging profession where many things are beyond your control.*
- *Ways to build positive relationships and create teaching environments that enhance both educator and student outcomes.*

About me

As an experienced educator and stress expert, I've dedicated my professional life to understanding and overcoming the unique challenges leaders, teachers and students face. I bring a wealth of knowledge on mastering stress, building resilience, and fostering a positive teaching and learning atmosphere.

Impact

Investing in your wellbeing as an educator is not just about personal health- its about creating a ripple effect that positively impacts your students and the entire community. Learning how to navigate challenges, boost your energy, feel calm and curious so that you can create environments and systems that promote wellbeing and impact educational outcomes.

Next Steps

I look forward to sharing the transformative INSET with you and your team, Together, let's enhance teacher wellbeing, elevate teaching and learning experiences and shape a future where both educators and students flourish.

Investment: Full day INSET £497.00 for up to 16 teachers, additional team members £15.00pp., to a maximum of 20.

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