

What is it?

Centered for Success is an innovative and practical approach to managing emotional health and well-being in pupils and teachers within the school environment.

Current policy uncertainty and the resulting stress together with the perceived additional workload and increased expectations can have a detrimental affect on the emotional and physical well-being of both staff and pupils. The ability to maintain emotional resilience, motivation and mutually supportive relationships while fostering an environment of personal, social and emotional development can be greatly impeded.

Centered for Success will provide valuable insight and practical steps in managing well-being within your school to show how it is possible, even in difficult times, to foster a positive, supportive and nurturing environment for 'self' and others.

Who is it for?

Heads and teachers seeking to actively promote a positive learning and working environment by identifying and managing stress and well-being in themselves and others.

Content covered

- Why worry about well-being at school?
- What to be aware of
- Building emotional resilience
- Focusing on outcomes
- Conscious use of language
- Looking after ourselves

Learning outcomes

- Identifying the early signs of stress and depression in others and the early actions you can take
- Fostering and maintaining a positive environment in difficult times
- Looking after yourself
- How to avoid absorbing other peoples' stress

How it is delivered

With your school as a one day event with a ratio of one NOV8 facilitator to 8 participants.

We also offer whole school diagnostics and one to one support.

