



INSET: CHILDRENS EMOTIONAL AND MENTAL HEALTH TOOLKIT

Available Formats and Pricing

Introduction
Half Day Development
Full Day Comprehensive

Available Online or Face to Face
*Priced per head with Group discounts available

Course Introduction

Far too many pupils are being left behind within school, either academically or emotionally. This can have severe consequences for their outcomes in terms of academic success, behaviour, attendance, and emotional development. To counter this trend, the personal non-cognitive development of the child must be put at the centre of the school agenda. With this in mind, an emotional mindset toolkit has been developed that can be delivered in various ways across the school curriculum.

Course Outcomes

By the end of the INSET, delegates will have:

- A greater understanding of the mental health and emotional needs of pupils
- A set of measurement criteria which can be used to track progress
- A mindset toolkit that develops self-esteem, emotional confidence, resilience and growth mindset
- Anger management, performance and mind fitness coping mechanisms
- A practical resource that develops positive pupils' attitudes, skills and habits that will enable greater engagement and learning within school

Trainer Profile

Ross McWilliam has been engaging educating and empowering people for the past 30 years. He has worked in over 1500 schools, colleges and universities developing the mindset of pupils, teachers and senior leaders.

He has written for various journals such as Times Educational Supplement, SecEd, Head Teacher Update, Meetings & Incentive Travel and Lancashire Business View. Ross is a published children's author, more information can be found at: www.cuppajourney.com

"Ross worked with the students over a number of interventions. His engagement with pupils was evident almost immediately, and together with his learning content and measurement criteria, we saw good improvement with the pupils."

Anthony Duckworth, Assistant Head, Bishop Rawstorne Church of England Academy, Croston



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