

Practical Strategies to Develop Emotional Resilience

Developing positive behaviour and improving social and emotional wellbeing for you and your pupils



Evaluation found:

- ↓ Decrease in children's behavioural and emotional difficulties
- ↑ Statistically significant increase in children's prosocial behaviour: being helpful, kind to others and considerate of others' feelings

Evaluation of a Whole-School Emotional Health Approach; Haisman-Smith, Tanner & Khan (2014)

What you will gain from this workshop

- ✓ Create emotionally healthy learning environments
- ✓ Develop positive behaviour management strategies
- ✓ Confidently use techniques to manage challenging situations
- ✓ Build positive relationships with parents, pupils and colleagues
- ✓ Improve communication and feedback to raise standards
- ✓ Manage your own stress levels and wellbeing in and out of the classroom

Outcomes for you, your class and your school

- ✓ Children make positive choices for themselves and others
- ✓ Increased resilience
- ✓ Better emotional health
- ✓ Students learn to take responsibility for their behaviour and improve social skills
- ✓ Work collaboratively to build a positive, supportive school community

"This workshop has been extremely helpful in showing me what I can do to help my class life with both children and adults."

£200 per person

£1750 for a team of up to 25 staff

When you attend this workshop you will receive

- *The Teaching Puzzle*—a written guide to developing emotional resilience in schools
- A handbook with lesson plans for teaching social and emotional skills at your key stage
- [Nurturing Schools Network](#) membership



The Nurturing Schools Network

A network of schools and teachers promoting emotional health and wellbeing; so everyone can aspire, flourish and achieve.



How to book

Visit our [online training calendar](#) to see workshop dates around the country and book your place

To book an in-house workshop for your team contact Claire: education@familylinks.org.uk 01865 401800

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