

# Happy Staff, Happy Children, Happy School



## Presented by Rebecca Miller

Beccy is a qualified teacher, trainer and life coach, with many years of experience in inspiring and empowering people to create positive changes in their thoughts, beliefs, actions and relationships. She also wrote the books *Clearly Outstanding* and *Start with You*.

**£299 + VAT**

Make sure you ask about additional delegate discounts.

- ✓ **A practical approach to creating a more positive and productive learning environment for all**
- ✓ **Manage your emotions effectively to reduce stress and anxiety levels across all the school**
- ✓ **All the theory, tools and resources needed to improve mental health**

**NEW  
Course**

### Make self-care and well-being the priority

Understand the importance of your own well-being for your classroom

Raise your own happiness habits and foster the same in others

Have greater flexibility and tolerance for yourself and others

Take ownership of, and responsibility for, your thoughts and actions

Relieve pressure on yourself to increase your productivity

### A toolkit to develop a productive classroom environment

Resources to promote classroom happiness and self-confidence

Ideas to develop a well-being support system

Strategies for school-wide support and positive communication

Case studies and exercises

Guide to stress and anxiety trigger points

Action plan for instant and sustainable change

### Understand the requirements and the research

Ofsted's increased emphasis on staff well-being

The new RSE and Healthy Living curriculums

Research into the positive impact of developing well-being

The key triggers for stress and anxiety

Latest research into growth mindsets and individual well-being

*"I found it really interesting and packed with ideas to use. Beccy was very interesting and approachable."*

Previous Delegate, St Teresa's Effingham School for Girls

*"Brilliant, engaging and highly knowledgeable."*

Previous Delegate, West Norfolk Academy Trust

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to run this course in  
your school

### Delegates receive:

- ✓ Lunch and refreshments
- ✓ Online post-course support
- ✓ Delegate file including CPD certificate
- ✓ Framework for school improvement

