

In these unprecedented times never before have we as educators been presented with the challenges we are facing now

Resilience and Wellbeing Webinar Series for Educators

Support your own mental health and wellbeing to better help others in these challenging times – **Learn how to put your own ‘oxygen mask’ on first**

The Resilience and Wellness Webinar Series has been created in a bid to tackle the growing health and wellbeing issues facing educators as a result of the effects of Covid-19 and the lockdown, both now and when schools return to normal. The programme offers a fresh take on how to build resilience, how to manage challenges and how to deal effectively with personal and professional issues arising as a result of these unprecedented times. It is a proactive and sustainable approach that focuses on mental **wellness** rather than mental ill health. We will take a deep dive into how our mind works and how we are designed to be resilient. Through this series of webinars, we will learn and understand that we have an innate psychological immune system which can empower and transform our lives and the lives of others.

After completing this course, participants will be able to better;

- Manage feelings of stress, overwhelm and emotional exhaustion
- Navigate personal and professional challenges with more confidence, wellbeing and resilience
- Recover quicker from setbacks and disappointments
- Deal effectively with the many demands asked of them
- Handle difficult situations with more ease
- Access more peace of mind and clarity at work and home

Topics covered include;

- How our minds work
- Our psychological system
- How to live life from the ‘inside out’
- The thought feeling connection
- How to self-correct when we get off track
- The true source of stress, anxiety and other feelings
- Managing children and young people’s anxieties and worries



Course outline and duration

Trainer/Facilitator: Sonia Grant,
Director of Mindset UK Ltd and
IHEART Lead for Scotland

Length of course: 12 hours of online training

Method of Delivery: 90 minutes of online webinars for 8 sessions (2 sessions per week)

Dates and time;

Series begins w/b 18th May

Option 1 – Mondays & Wednesdays,
2 – 3.30pm

Option 2 – Tuesday & Thursdays,
2 – 3.30pm

Registration:

Email sonia@mindset-uk.co.uk or
phone 07980 389 382

visit www.iheartprinciples.com for
more details