

# THIRD SPACE BOLTON

## TEACHER TRAINING SESSIONS *for teachers investing in their pupils* WELLBEING AND RESILIENCE

Stress and mental health causes 33 – 42 billion pounds lost each year through loss of productivity in the UK and similarly there is a loss of wellbeing and performance in young people in school.

Teachers are one of the most important influences on pupil wellbeing. Mental Health Ambassadors are a welcome development in the workplace, especially for Mental Health First Aid, however Teachers are best placed to invest in their pupils and affect wellbeing and resilience which leads to reduced absenteeism, increased motivation and better future prospects.



### What people say

*“Really inspiring training which has given me some very valuable insights into building wellbeing and resilience in the young people I teach.”*

*“We’ve found offering the Third Space Bolton sessions to be really popular with our teachers, offered as one hour training sessions as part of our teacher training carousel inset days.”*

### Twelve foundations of wellbeing in young people

The Fit4Life Wellbeing and Resilience at Work Programme can be scheduled as individual stand-alone or a series of sessions.

Sessions include;

Emotional health and life balance covering stress, negative thinking and a birds eye view of building wellbeing.

***The positives and negatives of stress, preventing the downward spiral of negative thinking and understanding how to build four components of life balance.***

Building resilience, overcoming habits and dealing with loss.

***A perspective on success as wellbeing, the four steps to freedom from habits and holds and understanding the Kubler Ross grief cycle.***

Managing our finances, the power of self control and setting goals

***Reflecting on domestic budgeting skills, the power of desires and the Rule of Life.***

Relationships at home and in the workplace.

***Appreciating difference and effective communication in the family and at work.***

Prices for a half-day Teacher Training session start at £120.

Third Space Bolton deliver coaching sessions for groups 3-300 in size at venues to suit you. Contact [mattthirdspace@gmail.com](mailto:mattthirdspace@gmail.com) to discuss how to customise sessions to the needs of your organisation.