

SECTION 3 of Directory

Staff support

Section 3 - Staff Support

Mindfulness – Introduction	ST001
Mindfulness	ST002
Mediation: Solving problems informally	ST003
Wellbeing - Stress and Anxiety	ST004
Understanding Mental & Emotional Health – Adults	ST005
Staff Supervision and Support	ST006
Staff Support 1:1	ST007
The Psychological and Emotional Impact of COVID-19	ST008

Introduction

This session gives an introduction to mindfulness and how it can support an individuals' mental health and wellbeing. It also briefly identifies how this can be used with children in a school setting.

Attendees: This training is suitable for:

- All staff

Learning Outcomes:

By the end of the training participants will have:

- Developed an understanding of what mindfulness is and how to apply it daily.
- Explored the impact of mindfulness upon our mental health and wellbeing.
- Taken part in activities to promote wellbeing.
- Considered the use of techniques and mindfulness with children to support their mental health and wellbeing.

Length of Training: 1 hour

Cost	Core	Enhanced	Non-SLA
In School	£125	1 Credit	£150

Introduction

This session gives more practical activities and applications to mindfulness and how it can support an individuals' mental health and wellbeing.

Attendees: This training is suitable for:

- All staff

Learning Outcomes:

By the end of the training participants will have:

- Developed an understanding of what mindfulness is and how to apply it daily.
- Explored the impact of mindfulness upon our mental health and wellbeing.
- Taken part in activities to promote wellbeing.
- Considered the use of techniques and mindfulness with children to support their mental health and wellbeing.

Length of Training: 2 hours

Cost	Core	Enhanced	Non-SLA
In School	£250	2 Credits	£300

Introduction

There are times when relationships break down in the work place that require some outside intervention to solve problems and find solutions. These sessions are bespoke and are arranged to meet the needs of the colleagues involved. The support offered includes discussing issues with colleagues individually and mediating within group discussions to find ways for colleagues to move forward, make changes and build relationships.

Attendees: These sessions are suitable for:

- All staff

Outcomes**Colleagues will have:**

- Confidential support.
- Support will be tailored to individual needs.
- Support and discussions with School Management where appropriate to aid success in the workplace.
- The opportunity to discuss and resolve issues in the workplace informally.

Length of Training: This is dependent upon the situation

Cost	Core	Enhanced	Non-SLA
In School	POA	POA	POA

Introduction

This session examines the positive and negative roles of stress and anxiety in our lives. It provides discussion and reflection around the changes that can be made to improve our health and well-being; along with strategies and information about managing and reducing our physical and mental responses to stress and anxiety.

Attendees: This training is suitable for:

- All staff

Learning Outcomes:

By the end of the training participants will have:

- Information regarding 'stress and anxiety' and the various ways it manifests itself to the individual.
- Guidance on how to manage and reduce levels of stress and anxiety.
- Strategies and changes that can support good mental health and physical well-being during difficult times and everyday life.

Length of training: 1 hour

Cost	Core	Enhanced	Non-SLA
In School	£125	1 Credit	£150

Introduction

This session gives staff an understanding of mental and emotional health issues which impact on adults in the workplace and the support available. It explores the various characteristics of stress, anxiety and a range of common disorders, whilst identifying positive life changes and the support available.

Attendees: This training is suitable for:

- All staff

Learning Outcomes:

By the end of the training participants will be able to:

- Understand current data and research in relation to prevalence and aspects of mental and emotional health issues
- Reflect upon current context and emerging issues
- Develop awareness of specific behaviours and issues and how they may present themselves
- Appreciate factors from a work, personal and environmental perspective
- Engage in dialogue and explore individual perspectives and understanding

Length of training: 2 hours

Cost	Core	Enhanced	Non-SLA
In School	£250	2 Credits	£300

Introduction

Planned, professional supervision and case discussion is at the heart of safe and effective decision making in safeguarding and child protection practice.

CES can provide pastoral staff / Family Support and Attendance staff with specialist supervision as part of our offer to schools and academies.

Sessions last for one hour and can be delivered termly or half termly depending upon school / staff needs.

The session is facilitated by a skilled and experienced consultant, and considers issues including

- Individual case discussion
- Identifying challenges and barriers and finding solutions
- Identifying good practice
- Exploring safe decision making
- Reflective practice and discussion
- Staff wellbeing and support

Sessions are discussion based, and can be delivered formally with an agenda and agreed action points for the participant.

Sessions are voluntary, confidential and are as far as possible flexible to the needs of the participant.

Length of session: 1-hour x 6 sessions (one per half term)

Cost	Core	Enhanced	Non-SLA
In School	£750	6 Credits	£900
Zoom	£500	4 Credits	£600

Introduction

There are times when colleagues may require support and the opportunity to work through issues with someone, independent of the workplace. Colleagues may experience anxiety, depression, bereavement, stress, mental health or general issues that impact their everyday lives and ability to be successful in the workplace. By dealing with these issues over time, they can often return to full strength having accessed support. These sessions will last for 1 hour and initially a block of 4 is planned. Some colleagues may only need a couple of sessions whereas others may benefit from more spread over a longer period. The sessions are confidential to the colleague and offer personal development and strategies for individuals to move forward.

Attendees: This training is suitable for:

- All staff

Learning Outcomes:

Colleagues will have:

- Confidential support
- Support is generally available very quickly compared to services through NHS
- Tailored to individual needs.
- Support and discussions with School Management where appropriate to aid success in the workplace.

Length of session: 1-hour x 4 sessions

Cost	Core	Enhanced	Non-SLA
In School	£250	2 Credits	£300

Introduction

Through this training we will explore the psychological and emotional impact COVID-19 has had on each and everyone of us, effecting both our personal and professional lives.

Attendees: This training is suitable for:

- All staff

Learning Outcomes:

Colleagues will:

- Understand the psychological impact of COVID-19 and how this has affected us
- Normalise the reasons behind why we might feel the way we do
- Learn how COVID-19 has impacted us all emotionally
- Discover ways in which to manage not only our own mental wellbeing but also our pupils
- Have a real understanding as to the impact COVID-19 has had on a psychological and emotional level
- A normalising of what we should be seeing and expecting which helps to ease anxiety and gain a greater depth of empathy towards ourselves but also towards others.
- Strategies to help manage our own mental wellbeing

Length of session: 1 hour

Cost	Core	Enhanced	Non-SLA
In School	£125	1 Credit	£150