

## *Better Balance Education*

### *Wellbeing presentations and staff meetings 2022-23*

We are pleased to be able to offer a series of Mental Health and Wellbeing sessions that are suitable for staff and Governing bodies. Each session is for up to 30 participants and lasts up to 90 minutes.

Larger groups and longer sessions can be catered for by arrangement. Prices are very reasonable and sessions can be run for federations, pairs of schools or singles.

To discuss further or to book a session, please phone Better Balance Education on 07704667999, email [kevin@betterbalanceeducation.co.uk](mailto:kevin@betterbalanceeducation.co.uk) or contact us via our website, [www.betterbalanceeducation.co.uk](http://www.betterbalanceeducation.co.uk)

Please remember that these sessions do not take the place of seeking professional medical help or advice, they are purely designed to educate, inform and signpost to services.

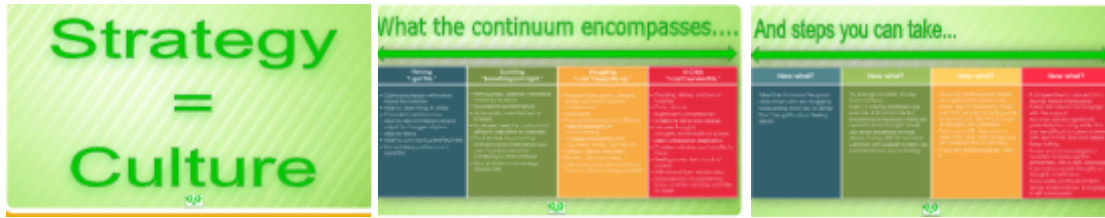
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### **An introduction to The Mental Health Continuum**

A guide to the mental health continuum, which everyone should be aware of as it is also something that affects us all. The aim of this session is to not only introduce the continuum, but also to give some examples of what this means for you on a practical basis. It covers self-help and when you need to ask for help from others.

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## Creating a Mental Health Strategy and Culture (ideal for Governing Bodies)

Based on the mental health continuum, this session focuses on the benefits and implications for schools of developing and living a strategy for your school. The session is interactive and is based on your Governing Body taking ownership of developing and enacting the strategy.



## SWAPS (Stress, Worry, Anxiety, Panic, Sleep)

This session focuses on the most common areas that school staff say affects them. It looks at the common signs, symptoms and proactive actions you can take to look after yourself and knowing when to ask for help.

Due to the challenging subject matter and importance of engaging with the content, face to face sessions are preferred, but virtual can be arranged if required. Session start time is flexible. Sessions are priced at £150 for up to 90 minutes + travel expenses.

*Better Balance Education*  
*Support - Educate - Empower*