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MIND
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MATTERS
The heart of wellbeing

Mind Work Matters



TRAINING MENU

If you're leading wellbeing in education, you are in the right place. Our approach to bespoke training is what sets us apart, and is why schools, trusts, and organisations, continue to choose us as their go-to training provider.

CONTACT US



07947 550977



www.mindworkmatters.com



kelly@mindworkmatters.com

HERE'S WHY YOU SHOULD JOIN OUR TRAINING:

We start with understanding, not assumptions



Everything we deliver is bespoke to your needs



We work strategically and practically



We stay with you beyond the session



We bring experience, empathy and a wealth of knowledge



OUR TRAINING MENU



Contact us

Book your training session today!

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Neurodiversity Matters: Supporting Staff Burnout in Inclusive Classrooms

- Understand how working with neurodiverse students can impact staff stress and energy levels.
- Identify the signs of compassion fatigue and burnout in school settings.
- Explore ways to prevent neurodiversity burnout for students and staff
- Learn preventative strategies to foster staff resilience and wellbeing.
- Create a wellbeing culture that balances inclusive practice with healthy boundaries.

Understanding EBSA: Supporting Students with Emotionally Based School Avoidance

- Define EBSA and differentiate it from other types of attendance concerns.
- Understand the emotional and psychological drivers behind school avoidance.
- Explore strategies to support students through safe, non-punitive approaches.
- Develop action steps for building a trauma-informed, supportive school response.
- Strengthen school-family partnerships when addressing persistent absence.

Delivery Options & Pricing

Twilight Session (1 hour)
£295 online / £395 in person

Half-Day Session (3 hours)
£595 online / £695 in person

Full-Day Training (5 hours)
£695 online / £895 in person

Family Matters: Empowering Positive Parent Partnerships in Schools

- Understand the impact of positive family partnerships on student outcomes.
- Learn effective communication strategies for building trust and rapport.
- Explore common barriers to engagement, and how to overcome them.
- Develop culturally sensitive, inclusive approaches to working with all families.
- Create action plans to embed positive parental engagement across the school.



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Train-the-Facilitator: Wellbeing Ambassador Programme

- Learn how to deliver and sustain a Wellbeing Ambassador Programme in your setting.
- Explore the structure, session plans and resources required.
- Understand the role of student voice in whole-school wellbeing culture.
- Develop confidence in facilitation and supporting student ambassadors.
- Take-away lesson plans, ready to implement immediately.



Trusted Trainer Provider

Senior Mental Health Lead Training: Introduction to the Role

- Understand the role and core responsibilities of a Senior Mental Health Lead.
- Learn evidence-based approaches to school-wide mental health promotion.
- Develop skills to engage staff and embed mental health strategies.
- Begin planning effective mental health initiatives tailored to your school.
- Take-away the Senior Mental Health Lead Toolkit.

Senior Mental Health Lead Training: Advanced Skills & Strategic Leadership

- Explore complex mental health challenges within schools.
- Develop strategic planning and evaluation skills for mental health initiatives.
- Strengthen leadership capabilities to influence staff and policy.
- Foster sustainable mental health culture and partnerships.
- Take-away the Senior Mental Health Lead Toolkit



Overcoming Imposter Syndrome: Building Confidence in Education Professionals

- Define imposter syndrome and recognise its signs in oneself and colleagues.
- Understand common triggers within education settings.
- Learn practical strategies to overcome self-doubt and negative self-talk.
- Foster resilience and positive self-belief in professional contexts.
- Take-away a Resilience Boosting Toolkit.

Pastoral Leadership Training: Introduction to Pastoral Leadership

- Develop foundational pastoral leadership skills.
- Learn to manage day-to-day pastoral challenges with confidence.
- Understand the importance of reflective practice and supervision.
- Build resilience in pastoral teams and foster supportive relationships.
- Take-away frameworks and toolkits.

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Pastoral Leadership Training: Advanced Pastoral Leadership Skills

- Lead complex pastoral initiatives and interventions.
- Develop strategic planning and leadership skills in pastoral care.
- Use coaching and reflective supervision to support staff wellbeing.
- Embed a culture of resilience and positive relationships.
- Take-away frameworks, toolkits and the Pastoral Leader Masterplan.

School-Based Reflective Supervision & Coaching: Supporting Staff Wellbeing

- Understand the principles and benefits of reflective supervision.
- Develop skills to facilitate reflective conversations.
- Learn to create safe, supportive spaces for staff reflection.
- Embed reflective supervision within school wellbeing frameworks.
- Take-away a Coaching Conversation Kit.



“Impactful training”!



Supporting Menopause in the Workplace: Creating Inclusive Schools

- Increase awareness of menopause symptoms and impacts.
- Understand the importance of workplace support and adjustments.
- Learn practical strategies to support colleagues experiencing menopause.
- Develop an inclusive school culture that promotes openness and wellbeing.
- Take-away the Menopause Champion Toolkit.

Social and Emotional Literacy for Student Wellbeing

- Understand the components of social and emotional literacy.
- Explore strategies to teach and reinforce these skills in the classroom.
- Learn how to create emotionally supportive learning spaces.
- Enhance student resilience, empathy, and self-regulation.
- Take-away the SEL Toolkit.

SIGN UP TODAY

Trauma, ACEs & Therapeutic Interventions: Building Trauma-Informed Schools

- Define trauma and ACEs and their impact on child development and learning.
- Recognise signs of trauma in students.
- Explore therapeutic approaches suitable for school settings.
- Develop trauma-informed strategies to support students and staff.
- Take-away the Therapeutic Intervention Toolkit.

Leadership Wellbeing: Burnout Prevention with the 7 Pillars of Self-Care

- Recognise the signs and risks of burnout in leadership roles.
- Explore the 7 Pillars of Self-Care and their relevance for leaders.
- Develop personalised strategies to maintain wellbeing and resilience.
- Foster a leadership culture that prioritises self-care and sustainability.
- Take-away the 7 Pillars of Self-Care Framework.



Trauma-Informed Toolkit for Schools: Practical Strategies for Everyday Challenges

- Understand trauma-informed principles in practical settings.
- Learn strategies for managing challenging behaviour and emotional regulation.
- Develop skills for creating safe, predictable, and supportive spaces.
- Build confidence in trauma-informed communication with students, staff, and families.
- Take-away a De-escalation Toolkit.

AI & Wellbeing in Education: Harnessing Technology to Support Staff and Students

- Understand how AI is currently used in education and wellbeing contexts.
- Explore AI tools that can reduce teacher burnout and support student engagement.
- Identify ethical considerations and risks when using AI in schools.
- Learn how to balance tech-driven solutions with human-centred wellbeing practices.
- Take-away a Digital Strategy Framework.



Digital Hygiene for Students: Promoting Healthy Online Habits

- Understand the impact of screen time and digital behaviours on wellbeing.
- Learn key principles of digital hygiene and online safety.
- Explore practical ways to integrate digital hygiene education in the curriculum.
- Equip students to manage digital distractions, privacy, and respectful online interactions.
- Take-away the Digital Hygiene Checklist.

Teaching Brain Science for Wellbeing: Engaging Students with Neuroscience

- Understand key neuroscience concepts relevant to wellbeing and learning.
- Learn how to design and deliver engaging brain science lessons for different ages.
- Explore ways to connect brain science with practical wellbeing skills.
- Promote student self-awareness, growth mindset, and emotional regulation.
- Take-away lesson plans, ready to implement immediately.

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Managing Difficult Conversations in Schools: Students, Staff & Parents

- Develop strategies for preparing and managing difficult conversations.
- Learn communication techniques that foster understanding and collaboration.
- Manage emotional responses and maintain professional boundaries.
- Practice real-life scenarios to build confidence and skill.
- Take-away the Difficult Conversation Toolkit.



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Empowering Education Through Mental Wellbeing

At Mind Work Matters, we provide expert training and consultancy that equips educators with practical tools to foster mental health, build resilience, and create thriving school environments.

"This training transformed the way our staff approaches student wellbeing—practical, inspiring, and deeply impactful."

Assistant Headteacher, London

Invest in mental wellbeing. Empower your school community.

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Choose your topic ☒

Book a Discover Call ☒

Turn your learning
into positive action ☒