



Health, Safety and Wellbeing Team
Wellbeing Programme 2019 – 2020

Wellbeing Module 1 – Identifying and Managing Pressure

Outline

From September 2019, OfSTED have included Wellbeing in their framework so the Health, Safety and Wellbeing Team have organised 4 modules focusing on the main areas that have an impact on school staff's wellbeing following feedback from schools and input from trade unions.

Description

The four modules are designed to cover the main areas where support is frequently requested and are outcome driven i.e. in each session delegates will be asked as to what the priorities are for their setting in that area and the session will then be targeted to deliver practical solutions.

Outcome

Each will be delivered in such a way that the delegate could also take the resources provided back to their setting and deliver the relevant parts to their own staff therefore each module will provide enough material for at least one staff meeting on the topic of wellbeing if so desired. Alternatively the modules would also be useful for individuals wishing to develop their own knowledge and understanding of Wellbeing.

Audience

All staff in school.

Booking Information

It is recommended that delegates bring with them internet enabled devices as the trainers will often use interactive presentation software called Slido. This is free to download if delegates wish to do so before the session.

Programme

22/11/2019 09:00 – 12:30

Venue: John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ

Trainer: Paul Dean – Health, Safety & Wellbeing Advisor

£50 with SLA/VC or C school / £100 non SLA school



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Wellbeing Module 2 – Time Management and Prioritisation

Programme

28/01/2020 09:00 – 12:30

Venue: Pudsey Civic Hall, Dawsons Corner, Leeds, LS28 5TA

Trainer: Paul Dean – Health, Safety & Wellbeing Advisor

£50 with SLA/VC or C school / £100 non SLA school



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Wellbeing Module 3 – Personal Wellbeing

Programme

11/03/2020 09:00 – 12:30

Venue: John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ

Trainer: Paul Dean – Health, Safety & Wellbeing Advisor

£50 with SLA/VC or C school / £100 non SLA school



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Wellbeing Module 4 – Managing Change

Programme

19/05/2020 09:00 – 12:30

Venue: Pudsey Civic Hall, Dawsons Corner, Leeds, LS28 5TA

Trainer: Paul Dean – Health, Safety & Wellbeing Advisor

£50 with SLA/VC or C school / £100 non SLA school