

## *How does the training benefit the school*

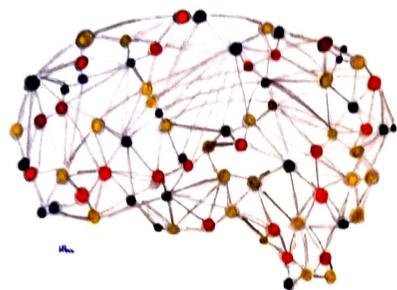
Provides teachers with knowledge about mental health

Provides the tools by which teachers can identify mental health concerns for their students

Provides experiential learning to enable teachers to be more proficient and confident in their interactions with students who are suffering from mental illness

Provides teachers knowledge of attachment difficulties so they can implement strategies to manage behaviour difficulties

Provides an opportunity to open up the conversation of mental health



## *For more information*

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## **Mental Health Training for Staff and Student Wellbeing**

- **Experiential Workshop in Attachment and Relational Dynamic**
- **Mental Health First Aid Toolbox Workshop**
- **Understanding Mental Health and Mental Illness Workshop**
- **Introduction to CBT Workshop**

## *Who are we?*

We are a team of compassionate and experienced Counselors and Psychotherapist. We also have backgrounds in Business and Education.

We provide unique training courses for School Staff to enable them to

- Improve their understanding of mental health
- Identify attachment needs of the students
- Develop interventions to create positive mental health
- Identify possible barriers for positive communications between staff and students and devise strategies to overcome them.

## *Why are we different?*

Mind First visit schools in order to identify their unique requirements and devise programmes that meets your schools needs

The workshops we provide cover a wide range of topics in mental health and wellbeing. We provide evidence based key tools and techniques to enrich and support the work of all staff with highly accessible use of language and relevant multimedia footage, resulting with delegates going away informed and inspired.

For example:-

We provide unique training courses for School Staff in Attachment to enable them to

- Improve staff's understanding of attachment styles
- Identify attachment needs of the students
- Develop interventions to create optimal interactions
- Identify possible complications preventing students achieving positive mental health

## *Transpersonal Educational Approach Programme*

We can implement a Transpersonal Educational Approach Programme. These programmes specifically focus on empowering young people to attach meaning and purpose to their education. Thus they learn how to make choices that are constructive and for their own benefit. This results in them developing positive behaviours.

## *Cognitive Behaviour Therapy Techniques*

We provide workshops to identify areas where CBT techniques can help manage stress and anxiety for staff and students. These workshops provide individuals an opportunity to develop and practise relevant techniques so they feel able to use them in their daily lives.