



Mental Health & Wellbeing Literacy & Emotional Intelligence

	Format/Delivery	Who's it for?	Topic
13.01.21 3:30PM-5:00PM	Face to Face	All Staff	Introduction to Mental Health & Wellbeing Literacy & Emotional Intelligence
20.01.21 3:30PM-5:00PM	Face to Face	All Staff	Session 1: *
WC 25.01.21	Face to Face or Zoom <i>(TBD by member of staff)</i>	Staff to opt in and organise their sessions <i>(if required)</i>	Drop in service
03.02.21 3:30PM-5:00PM	Face to Face	All Staff	Session 2: *
WC 08.02.21	Face to Face or Zoom <i>(TBD by member of staff)</i>	Staff to opt in and organise their sessions <i>(if required)</i>	Drop in service
17.02.21 3:30PM-5:00PM	Face to Face	Staff	Review of topics covered/person centred reviews

* *The focus for the sessions will be dependent on the need of the staff*

Questionnaire:

Prior to the beginning of this program, staff will be asked to complete an anonymous questionnaire that will allow the sessions to be tailored to meet the needs of staff as individuals and as a group.

Session Breakdown

Introduction to Mental Health & Wellbeing Literacy & Emotional Intelligence:

- **Who I am, what I do and why I'm here**
- **The mission statement**
- **What is mental health?**
 - Poor mental health
 - Good mental health
 - Mental illness

- **What is mental wellbeing?**
 - Connect
 - Be active
 - Take notice
 - Learn
 - Give

- **What is emotional intelligence?**
 - Self acceptance
 - Self motivation
 - Self regulation
 - Empathy
 - Social skills

- Q&A on what staff can expect from the program.

Session 1 and 2:

- **Staff will cover all elements of:**
 - Mental health
 - Mental illness
 - Mental wellbeing
 - Emotional intelligence

However, this will be tailored for each group/individual as to what sessions will involve and how they will be delivered.

Our goal is to support all staff to develop their own mental health and wellbeing literacy by shaping specific strategies and approaches. By doing this we will give all staff members an understanding of how to develop and maintain good/positive mental health and wellbeing, whilst understanding mental health problems and treatments, decreasing the stigma related to mental health problems and enhancing yours and others emotional intelligence in the process.

Drop in Sessions:

These sessions will be delivered by Sam Padmore who has a BA honours degree in Special Educational Needs with Physical Education & Sport and a master's degree in Psychology. These sessions will allow staff members to discuss some of the elements covered in session 1 & 2 in more detail, along with other aspects related to mental health, well-being and emotional intelligence, such as:

- Further information about the mental health and wellbeing, emotional intelligence
- Tailored help with self-help tips and guides
- Focused mental wellbeing coaching
- Questions about disclosing a disability or poor mental health within school
- Discussion about the review(s) of yours or child's person centred plans
- Listening sessions
- Coaching on how to manage stress & burn out
- Consideration for some reasonable adjustments at home, work or/and school
- Advice and information about other support services, e.g. GP, Wellbeing Services, Depression and Anxiety Services (signposting).
- Mindfulness sessions
- Any further queries are welcome also

**These sessions can be organised face to face or via Zoom.*

Reviews:

- **Review of the topics covered**
- **Carry out person centred reviews which will include:**
 - The relevance of the sessions and the application to the individual now and in the future.
 - Highlighting the positives of what an individual does that works in their life
 - Highlighting the areas of support an individual may need to work on, or something that may not be working for them in their life.
 - Agreed outcomes and actions for change from all parties involved

