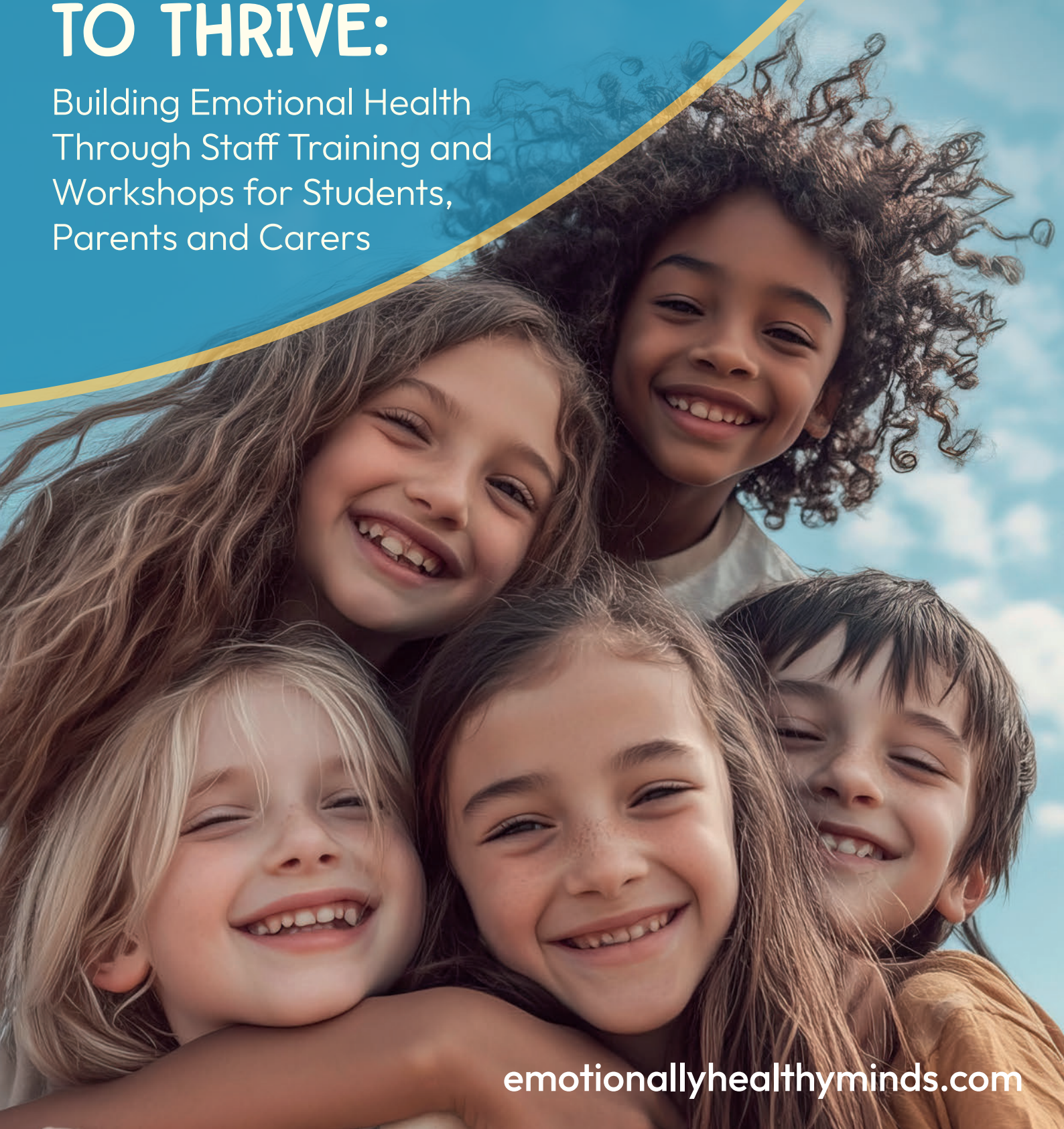




EMOTIONALLY  
HEALTHY MINDS™

# EMPOWERING YOUR WHOLE SCHOOL TO THRIVE:

Building Emotional Health  
Through Staff Training and  
Workshops for Students,  
Parents and Carers



[emotionallyhealthyminds.com](https://emotionallyhealthyminds.com)

# WORKING WITH SCHOOLS

Emotionally Healthy Minds C.I.C. is a Community Interest Company based in South Woodham Ferrers, Chelmsford. We are dedicated to supporting children holistically by partnering with parents and carers and schools to nurture emotional wellbeing, resilience and academic success.

We understand how academic achievement and emotional wellbeing go hand-in-hand. When children feel overwhelmed, anxious or disconnected, learning becomes a struggle. That's why our mission is to nurture positive emotional health, helping children build the confidence and resilience they need to thrive.

Everything we do at Emotionally Healthy Minds is built around four key strands:

1. Supporting children emotionally
2. Supporting children academically
3. Empowering parents and carers
4. Equipping schools and professionals

By helping children understand, regulate, and manage their emotions, we create the foundation for lasting academic and personal growth. We work alongside schools to ensure every child has the tools they need to succeed.



## UTILISING YOUR PUPIL PREMIUM FUNDING

Social and emotional learning (SEL) interventions have a positive impact on pupil outcomes, with an average of +3 months additional progress in academic achievement (+5 months for secondary pupils).

The impact however goes beyond academic outcomes, with research demonstrating whole school and targeted SEL programmes positively impact pupils' social relationships, improve attitudes to learning and emotional self-regulation.

Evidence shows that children from disadvantaged backgrounds are more likely to have weaker social and emotional skills compared to their peers.

Pupil Premium funding can be used to support children, staff, parents and carers through our tailored programmes. Options include:

- > **Staff Training:** Equip your team with the knowledge and skills to embed a whole-school SEL approach and respond effectively to emotional and behavioural needs
- > **Pupil Workshops:** Deliver interactive sessions to whole classes or targeted groups, helping pupils develop emotional and mental resilience that will not just serve them now but for life
- > **Parent and Carer Workshops:** Provide guidance and practical strategies for parents and carers to support their child's emotional wellbeing at home

# WORKSHOPS

## STUDENT WORKSHOPS

Many pupils can find it challenging to manage emotions, build resilience, or develop a positive sense of self, which can impact confidence, relationships and learning.

Our practical, interactive Student Workshops provide structured support to develop the skills and strategies pupils need to become more confident, resilient, and emotionally literate. Each programme consists of six 50-minute sessions delivered by qualified and experienced teachers, using engaging, hands-on approaches.

Workshops can be delivered to whole classes (up to 30 pupils) or targeted groups and are suitable for both primary and secondary settings. They also directly support the delivery of Health Education within the RSHE curriculum.

### What do the Workshops cover?

- **Anxiety:** Understanding and managing anxiety by recognising emotions, triggers, and applying effective self-regulation and support strategies.
- **Resilience:** Building resilience through a growth mindset and the ability to respond positively to challenge and setbacks.
- **Self-Esteem:** Developing self-worth by recognising strengths, valuing individuality, and challenging negative labels and beliefs.
- **Emotional Regulation:** Understanding emotions and why we react as we do. Recognising triggers and using strategies to respond rather than react to overwhelming emotions.

### Getting Ready for Year 7

Designed for Year 6 pupils, this bespoke programme supports a confident transition to secondary school, helping to prepare students emotionally and socially for change. It combines elements of all of our workshops and consists of six 50-minute sessions delivered in June and July.



## PARENT AND CARER WORKSHOPS

We know that lasting change happens when children are supported not just in school, but at home too. That's why we run workshops for parents and carers—giving them the insight and strategies to continue this important journey of emotional wellbeing beyond the classroom.

We offer workshops that schools can host and invite their families to attend. These sessions provide parents and carers with practical tools, useful insights and confidence to support their children's emotional health.

Each workshop lasts for 90 minutes and can be held during the school day or in the evening, depending on what works best for your school community.

### What do the Workshops cover?

- **Anxiety:** Supporting parents to understand anxiety and its impact on children's thoughts and behaviour. Recognising signs and applying practical strategies to help their child manage anxiety and seek support.
- **Resilience:** Equipping parents and carers to help their child build resilience through a growth mindset and respond positively to challenge, setbacks and disappointment.
- **Self-Esteem:** Enabling parents to nurture their child's self-worth by recognising strengths, valuing individuality and challenging negative labels and beliefs.
- **Emotional Regulation:** Supporting parents to understand emotions and why children react the way they do. Recognising triggers and using simple strategies to help their child respond rather than react.

To explore how our workshops can support your pupils' emotional wellbeing and your school's needs, contact us today to arrange an initial conversation.

e: [schools@emotionallyhealthyminds.com](mailto:schools@emotionallyhealthyminds.com) t: 07343 049039

# TRAINING FOR SCHOOL STAFF

At Emotionally Healthy Minds, we recognise the growing need for schools to feel confident when supporting children and young people experiencing anxiety. Anxiety is one of the most common challenges pupils face, yet it often presents in ways that can be misunderstood—such as anger, disengagement or perfectionism. If left unaddressed, anxiety can affect attendance, learning, behaviour, and overall wellbeing.

Our training helps school staff understand the roots of anxious behaviour and respond in ways that make students feel emotionally safe and better able to learn. Staff are equipped to support issues such as generalised anxiety, EBSA (emotionally based school avoidance), or trauma-related stress with empathy, understanding and practical strategies.

## TRAINING OVERVIEW

Our training is suitable for:

- Teachers and teaching assistants
- SENCOs and inclusion leads
- Pastoral and wellbeing staff
- Senior leaders and Heads of Year
- Alternative provision and specialist settings

Duration:

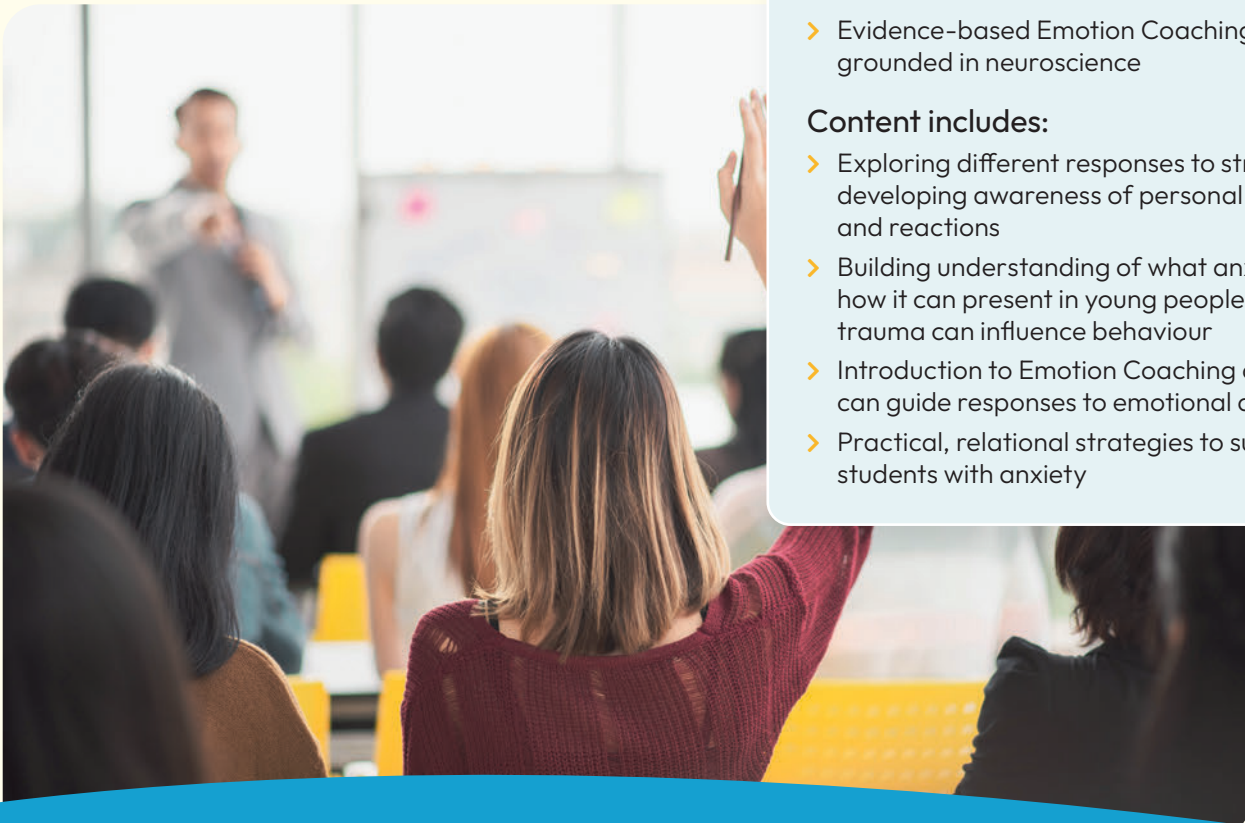
- 5-hour training day (ideal for INSET)

Approach:

- Evidence-based Emotion Coaching, grounded in neuroscience

Content includes:

- Exploring different responses to stress and developing awareness of personal triggers and reactions
- Building understanding of what anxiety is, how it can present in young people, and how trauma can influence behaviour
- Introduction to Emotion Coaching and how it can guide responses to emotional distress
- Practical, relational strategies to support students with anxiety



We can modify our INSET training day to run as a twilight session or create bespoke training packages for your school. Contact us at:

e: [schools@emotionallyhealthyminds.com](mailto:schools@emotionallyhealthyminds.com) t: 07343 049039