

Promoting Staff Wellbeing

Wednesday 20th November 2019

09:15—12:15

Hopwood Hall College, Rochdale Campus

Trainer: Heidi Mcdermott (Educational Psychologist, RBC)

Audience: All Staff

This session is aimed at supporting school staff to identify ways to maintain their own wellbeing and develop their personal resilience.

Working with children can be a rewarding and fulfilling experience, however, meeting the complex demands of school staff who teach and support children and young people can be emotional and stressful at times. Attendees will have the opportunity to think about the barriers and facilitators to managing stress within school settings and will be able to identify and share helpful strategies with colleagues.

