

Wellbeing

Help students understand the importance of looking after their mental health and provide them with fun and practical tips for improving their wellbeing.

This workshop aims to leave students with an in-depth and practical toolkit for them to refer to in their times of need, as a preventive measure before mental health illness takes control, so they can take control of it.



Aims of the workshop

- To help students recognise common mental health issues and the signs of stress
- To arm students with preventative measures to protect their mental health
- To provide students with an in-depth and practical toolkit of wellbeing practices to call on in times of need



Benefits

Our wellbeing workshops are relevant and practical. We directly address the issues that have arisen from the pandemic, shining a positive light on the confusion and uncertainty that surrounds this topic. Moving beyond the pandemic, we provide practical coping mechanisms that help reframe attitudes towards difficult situations.

Students leave our wellbeing workshops with:

- Increased awareness of the stigmas around mental health
- A refreshing attitude towards normalising nervousness and exam stress
- An understanding of how to reduce negative comparisons
- A positive mindset and practical techniques to help boost their mental health

"We found that the workshop raises the students' confidence and motivation."

Teacher

Book your workshop

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Workshop overview

Our wellbeing workshops are positive and interactive sessions that provide students with the clarity and motivational boost to find their focus and keep working towards their goals, even in times of difficulty. Each session lasts for 60 minutes and can be delivered either online or face-to-face.



Workshop content

This is a 60-minute session packed with tailored content, including but not limited to:

- Let's vibe! – positive ways to deal with anxiety
- Distraction reaction – an interactive activity that harnesses the power of creative improvisation to 'fight the freeze'
- What's the point? – channelling a growth mindset to find your focus
- Challenging stigma – using interactive exercises to raise awareness around mental health illnesses



Results

Students report feeling:

- More positive and better equipped to cope with the pressures they face at school and in the wider world
- 'Ready to learn', with a greater sense of responsibility towards their own learning



Practicalities

Your Positively You event can be broken down as follows, depending on your timetable:

- 4 x 1-hour workshops
- 3 x 80-minute workshops
- 2 x 2-hour workshops

Each workshop can accommodate no more than 100 different students and can be delivered face-to-face or online.

We are Positively You

We are one of the UK's leading providers of educational workshops. For over 20 years, we've delivered transformative student workshops, inspiring teacher development sessions and supportive resources for parents.