



SWIFT Wellbeing Series | 2022 - 2023

Introduction

As part of SWIFT's dedication to creating high-quality opportunities for staff to learn, develop and connect, we are committed to providing meaningful professional development to support all children and young people, including disadvantaged children and those with SEND in order to help them to achieve the best educational outcomes.

SWIFT understands the importance of wellbeing for staff and students and has evolved the CPD wellbeing programme to bring up-to-date and practical training for colleagues to take back helpful strategies and knowledge into their own educational settings.

Course Structure

Session 1 | Mental Health Issues | Children and Young People's Mental Wellbeing | Train-The-Trainer Sessions

Monday 7 November 2022 | 0900 - 1530 | Countess Wear Community School, Glasshouse Lane, Exeter EX2 7BS
Course Trainer | Jessica Parker | Creative Education

This programme will commence with a facilitated full day workshop focusing on Spotting and Supporting Anxiety in Primary/Secondary School Children and Young People and guidance through the current mental wellbeing policy and data to provide an understanding of the current areas of need.

Following the workshop, group discussions will be facilitated as six half day bespoke online train-the-trainer sessions around what participants are seeing in their settings – not least the current challenges of low mood and depression, suicidal ideation, bereavement, bullying, vulnerable children, sleep problems and transitions. The full day workshop will include the first train-the-trainer session.

Cost | SWIFT Members £125 | Non-Members £150 per person.
Book your place: [here](#)
PLEASE BOOK BY Monday 31 October 2022.

Session 2 | Understanding Mental Health and Wellbeing

Wednesday 9 November 2022 | 1300 - 1500 | Online
Course Trainer | David Webster | Livewell Academy

This workshop provides participants with an understanding of mental health and wellbeing and helps to build confidence in identifying and supporting those in need and the course leads onto the two-day Mental Health First Aid Course.

Cost | SWIFT Members £45 | Non-Members £55 per person.
Book your place: [here](#)
PLEASE BOOK BY Wednesday 2 November 2022.

Session 3 | Mental Health Awareness Training

Tuesday 28 February 2023 | 0930 – 1230 | Online
Course Trainer | Dr Karen Kershaw, Psychology Associates

This workshop will provide an understanding of common mental health difficulties, including main symptoms, and provide ideas from a variety of psychological therapies that can be used to bolster resilience and improve wellbeing. The strategies and additional ideas can be used to support colleagues.

Cost | SWIFT Members £35 | Non-Members £55 per person.
Book your place: [here](#)
PLEASE BOOK BY Tuesday 21 February 2023.

Session 4 | Understanding Stress and Burnout

Tuesday 11 October 2022 | 1400 – 1600 | Online
Tuesday 21 January 2023 | 1400 – 1600 | Online
Tuesday 9 May 2023 | 1400 – 1600 | Online
Course Trainer | Chrissie Evans | Case UK

This three-session programme will explore what impacts mental health, including stress and burnout. It will look at how the body can be affected and ways to manage it and explore the pressure of work and the balance needed for wellbeing.

As part of this programme, participants will also have the opportunity to register for free one-to-one Wellbeing Surgeries for Mental Health Support.

Cost | SWIFT Members £45 | Non-Members £65 per person.
Book your place: [here](#)
PLEASE BOOK BY Tuesday 4 October 2022.

Further Information

Contact | Jude.Owens@sw-ift.org.uk

FREE with any SWIFT Wellbeing Series course | Exploring the 5 Ways to Wellbeing

A recording of the "5 Ways to Wellbeing" by the Charlie Waller Trust is **free** with any booking from our Mental Wellbeing Series to be used in your school setting as part of your staff development training.

