

Mental Health and Wellbeing in Schools

Work collaboratively to establish strong mental health teams and a school-wide culture of wellbeing

10 November 2022 | Hilton Tower Bridge, London

9:15am – 4pm



CULTURE

Engage your whole school as part of your wellbeing journey

LEADERSHIP

Refresh your leadership strategies with an inclusive, informed approach

PARTNERSHIPS

Work to ensure a strong support team with parents, staff and students

Mental Health and Wellbeing in Schools returns to London, bringing you wellbeing experts and leading practitioners with vital experience. Bolster your wellbeing provision and ensure you have a culture that cares. Benefit from opportunities to network and share your best practice with peers.

Knowledgeable speakers will help ensure your approach to inclusive, school-wide, and lasting, through a thorough look at how you regulate your wellbeing provision and fresh approaches to foster your development as mental health leaders.

Ensure your school is a proactive, healthy setting that can self-regulate from students to staff members. Expect a focus on getting your school culture right, and practical strategies you can implement for short-term wins, and long-term gains.



EMPOWER STAFF: ensure confident staff who play their part in establishing a strong wellbeing culture.

RELATIONSHIPS: set your students up for life by enhancing their communication and relationship building skills.

TAILORED STRATEGIES: support your whole setting with a programme that provides for the varied range of current needs in your school.



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Programme includes:**Engaging parents and carers**

Create strong wellbeing teams with a provision that doesn't end when school finishes and invites families to participate

Recognise and reduce anxiety

Understand how to spot anxious students and support them with appropriate responses to lessen anxiety

Staff wellbeing panel discussion**Wellbeing culture**

Benefit from a culture that cares about staff and students and is underpinned by important lessons learned from personal experience

Breakout sessions**Mental health lead**

Add new techniques to your toolkit to deepen your impact as a mental health lead

Resilient learners

Benefit from methods that enhance your students' ability to respond to adversity and improve outcomes

Healthy student relationships

Help your students refine their communication skills, understand how to build rapport, and appreciate different viewpoints with tested techniques

Wellbeing curriculum

Work to change cultures and mindsets and evidence your impact

Self-harm

Better support at-risk students and gain confidence to recognise and respond to visible and hidden signs of their struggle

Near-peer support

Use relatable voices in your wellbeing provision, and leave with techniques to effectively engage students in shaping your ethos

Empower staff

Equip and enable your staff to play their part in a whole-school culture of wellbeing

SEND wellbeing

Gain positive resources to embed across your school and ensure suitable provision for all students

Body image and social media

Discuss body image with confidence and build students' self-esteem in a digital world

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'An excellent day which has balanced strategies and ideas with time to reflect and consider our own wellbeing. Relevant and important'

ASSISTANT HEADTEACHER, MEADOWBANK PRIMARY SCHOOL

'I feel completely inspired and have a renewed energy to go back to school and implement change'

MENTAL HEALTH LEAD, LISCARD PRIMARY SCHOOL

Prices	Book before 29/07/22	Book after 29/07/22
Primary	£269 + VAT	£299 + VAT
Secondary	£349 + VAT	£379 + VAT
LA	£389 + VAT	£419 + VAT
Other	£429 + VAT	£459 + VAT
Premium Plus and Elite Members	This event may be part of your subscription. For further details contact your account manager.	

Receive our early bird discount when you book before 29/07/22 and quote MH-BRO

Book online at: oego.co/MH22-Book-Now

If you do not fit into one of the above categories, please contact us on **020 8315 1506** or email **oe.conferences@optimus-education.com**