

Positive Mental Health Webinars

Practical online sessions to help school staff build resilience, manage and support their mental wellbeing.



Helping staff be more resilient in times of emotional pressure

Wellbeing and Mindfulness Consultant, June Brade, can deliver the following live sessions to your school:



Introduction to Mindfulness

Proven to help with stress, anxiety and prevent depression.



Stress Awareness

Identify signs and symptoms of stress in ourselves and others.



Breaking Down Limiting Beliefs

Visualisation work to remove unwanted emotions.



Visualisation and Muscle Relaxation

An hour of relaxation for staff through visual and muscle relaxation.

Booking Form

To book your webinar please complete the form below and return to nurse@uk-sas.co.uk or call **01773 814403**.



School Name:

Postcode:

Contact Name:

Email:

Mobile:

Preferred Session Day:

☐ Mon

☐ Tues

☐ Weds

☐ Thurs

☐ Fri

Preferred Session Time:

*Please allow for 60-90 minutes per session

Subject to availability, one session per annual policy. Cancellations made 7 days or less before an appointment will be subject to a charge of £150. All sessions conducted via Microsoft Teams or Zoom. Sessions limited to 40 staff members.