

A photograph of three business professionals in a meeting. A man on the left is looking towards a woman in the center, who has her eyes closed and a serene expression. A woman on the right is gesturing with her hand. The background is a bright, out-of-focus office setting.

babcock

Schools Wellbeing Conference: Ensuring Positive Outcomes for Students and Teachers

Friday 18th January 2019 | Sandy Park, Exeter | 09:30 - 16:30

**DON'T MISS
OUR
EARLY BIRD
PRICE!**

Keynote Speakers

Dr Andy Cope

Happiness Researcher, Author of Art of Being Brilliant

Kate Ryley

Owner of Breath Outdoors, Mindfulness Expert

Claire Eastham

Author and Blogger of We're All Mad Here, Mental Health Campaigner

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 #BabcockWellbeing

Overview

In our ever changing and increasingly pressurised world, ensuring positive mental health and wellbeing has never been so relevant to our schools. Both students and teachers regularly experience additional pressures on their teaching and learning and, as we hear all too often, this can effect mental health and wellbeing.

This conference explores ways to help students and teachers stay positive, calm and confident in and outside of the classroom. Through expert keynote speakers and targetted workshops, we will cover;

- Happiness for teachers
- Mindful teaching and learning techniques
- What we can all do to safeguard our wellbeing on a continued basis
- How to survive Blue Monday!

Key Reasons to Attend

- › Hear from nationally renowned experts on ensuring positive wellbeing and mental health
- › Understand and learn techniques that can be used both in the classroom and at home
- › Focus on positive wellbeing for both students and teachers in your school setting
- › Share best practice with colleagues from across the South West

“Excellent conference with excellent speakers on a critical subject”

Delegate feedback from our previous Wellbeing Conference

Who Should Attend?

Headteachers, Assistant Headteachers and Teachers from Primary, Secondary and Special Education, Behaviour Leads, SENCOs, PSHE Leads, Healthy School Leads and Health Workers

BOOK TODAY!

Book your place today via:

Web: www.babcock-education.co.uk/ldp/cpd

Call: 01392 287224

Email: conferences@babcockinternational.com

Early bird price: £155+VAT. Valid until 23rd November 2018

Full conference price: £205+VAT



@BabcockConf #BabcockWellbeing

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