

At HeadStrong Training, we partner with schools and education services who are genuinely interested in investing in the health and wellbeing of both their staff and students and understand that this involves many aspects including psychological, physical, emotional and spiritual wellbeing.

HeadStrong Training offers assessment, CPD certified training, Youth Mental Health First Aid and consultancy services. We specialise in mental wellbeing, stress management and resilience. We also understand that every school is different and we can tailor our services to meet your needs

	Content
Option 1	Staff Resilience and Wellbeing (min 10, max 20 delegates) <ul style="list-style-type: none"> • Resilience and Wellbeing Survey for staff including report • 1 day CPD Certified training - How to Get HeadStrong – Mental Health Wellbeing and Resilience • Q&A • Workbook
Option 2	Student Resilience and Wellbeing (min 10, max 16 delegates) <ul style="list-style-type: none"> • 2 day Youth Mental Health First Aid Training • 1 day CPD certified training - Student Resilience: Developing emotional wellbeing and essential life skills • Q&A • Workbook
Option 3	Staff and Student Wellbeing (min 10, max 16 delegates) <ul style="list-style-type: none"> • Resilience and Wellbeing Survey for staff including report • 2 day Youth Mental Health First Aid • Q&A • Workbook
Option 4	Student Champions (min 12, max 16 delegates) <ul style="list-style-type: none"> • 1 Day Youth Mental Health First Aid Champion course for 6th Formers to the options