



## RESILIENT ME FACTSHEET

# Circus of Life - Schools and Colleges Inset Day

### Overview

**Stress is the number one cost to the workplace in the UK, the number one cause of teenage illness and it is also the first step on the road to mental health issues. In education, teaching and support staff are the first line of defense against this growing crisis but are also, themselves, at risk.**

This workshop examines precisely what stress is, how it can lead to both physical and mental health issues, what those issues are, how to spot the signs in students and in yourself and, critically, how to build resilience in the education environment at all levels.

The workshop is run on two levels: the staff learn how to help themselves AND they work out how the principles learned can be built into the school and classroom environment thus supporting the students.

It is run in a fun and engaging way using the analogy of the circus of life - after all, learning to navigate life is a lot like learning to be a circus performer; we need to juggle a few balls, balance many demands, walk the tightrope, trust and work with the others in our team, clown around a little, take a few calculated risks and feel the thrills along the way.

### Key Topics

- What is stress and how it can lead to physical and mental health issues
- How to spot mental health issues
- Building resilience in yourself and in your students
- Work / Life Balance
- Success mindset
- Improving wellbeing

### Benefits of attending

Attendees will understand exactly what stress induced illness is and how it can lead to more serious physical and mental health issues

Attendees will understand what the different mental health conditions are and how to spot them

Attendees learn to challenge habitual thought patterns replacing stress inducing language with resilient language

Attendees identify the stress points in their life and commit to making the necessary changes to help them become more productive in the workplace

Attendees learn how to take a proactive approach to their wellbeing thus combatting stress illness

Reusable tools are provided ensuring sustainability of the training programme

### Learning Outcomes

**Attendees will be able to:**

- Understand what stress is (medically) and how it can ultimately lead to physical or mental health issues
- Identify mental health issues in themselves and in their students
- Learn a first-stage strategy for supporting students in the education environment
- Build up their own resilience
- Understand how to achieve a healthy work/life balance
- Develop a success mindset
- Enjoy ongoing support and development through reusable tools

### Delivery Options

#### FACE TO FACE or VIRTUAL

All staff

Duration: 1 day 09.30 -15.00

Audience – as many staff as your facilities can accommodate

#### ONLINE

Full workshop available now

For more information or to check dates and availability please contact Resilient Me