



FURTHER INFORMATION

Unlocking Wellbeing

Working in a school is hard - and the adults need to be able to look after themselves. This workshop is a giant step towards taking personal responsibility for your own happiness and wellbeing. Staff will discover how to be their very best self on a consistently daily basis - and give the children in school the most incredible role models to learn from.

We will explore the secrets of positive psychology, learn how to form new habits and shed old ones, and how to tune our mindset for positivity. This workshop will energise staff to raise the bar in how they support children.

Aim

My aim is plain and simple: to inspire you. No big academic words, no jargon and no nonsense. I want your school community leaving my session feeling invigorated, refreshed and able to live their very best life every day at school and at home. It could even be the start of a wellbeing revolution...

Outline of the session

Everyone has the potential to be positive and feel happy. Sometimes our innate sense of wellbeing is locked inside us and we need a reminder of where the keys are to help us to flourish.

We start by taking a look at what wellbeing, positivity and happiness isn't. We explore what negativity is, where it comes from, why it exists and how we can deal with it. Then we turn our attention to the habits and routines in our life that we perform daily and automatically. Staff are challenged to stop, think, pause and reflect on whether there could be a different (better) way.

We turn our attention to stress, why we need it, what the difference between good and fake stress is, and the difference between a mountain and a molehill. Then we explore what being world class 'costs' (Guess what? It doesn't cost a thing - just a bit of effort!).

Then we move on to understanding our impact, how we can flourish, and how our internal world can create an external world where we are full of vigour, vitality and energy. Through some cage rattling messages we explore the difference between 'being alive' and 'living', and how our time in the world to make an impact is limited and shouldn't be wasted.

After that we learn how gratitude is a fertiliser for happiness and how living a life of appreciation rather than expectation can change the way we feel about everything. We discover how and why so many people are accidentally wishing their lives away to the next half-term holiday and what we can do to reframe that mindset.

We learn about the relationship between thoughts and feelings - and discover that positivity is also a habit. After some discussion on how our language and vocabulary choices influence the culture we live and work in, we find out if we are a driver or passenger in life.

We learn how we can get a better perspective of the challenges we face in life, how emotions can hijack our behaviours with sometimes disastrous consequences, and how we can learn over time to manage our internal emotional hijackers.

After lunch we explore the 'Ten to Zen'. Ten strategies that can help us survive and thrive in changing, challenging and uncertain times. They involve botheredness, kindness, how to be a superhero, seagulls, rubbish trucks, a family of pigs, managing our digital diet, what we can learn from the Ritz Hotel, and the power of our relationships with others.

Remember, we are all only one thought or action away from an entirely different experience of life.

About That Wellbeing Guy

Simon Bolger is a trained primary school teacher and has taught every age group from Foundation to Year 6. When he was appointed as a headteacher he was one of the youngest school leaders in the country. Simon is now on a national mission to start a wellbeing revolution in our schools and settings.

Simon is also a coach, an Early Years specialist offering consultancy to local schools, a primary maths specialist, and has created national materials for the National Centre of Excellence in the Teaching of Mathematics (NCETM).

As for genuinely interesting asides, Simon enjoys endurance sports, watching his beloved MK Dons, and letting his two children (both under 3 years old) keep him on his toes! Simon is also in the 99.6th percentile of tall people in the UK.

His ambition is to run and/or cycle around the whole world!

Lovely things other people have said:

"Inspirational, positive, uplifting!"

Lynsey Young, Headteacher, Roebuck Academy

"Amazing day."

Charlie King, Headteacher, Plaistow and Kirdford Primary

"Your enthusiasm is inspiring!"

Jo Jelves, Headteacher, Ridgeway Academy

"Entertaining."

Chris Dobson, Headteacher, St James CE Academy

"Made an impact on my own thinking."

Mark Wilkes, Headteacher, Highfield Primary

"Practical ideas."

Clare Butcher, Headteacher, Edenbridge Primary

"Please come back soon!"

Sarah Folkard, Headteacher, Portfields

"A very inspiring session full of laughs, positivity and practical tips and ideas! Thank you."

Sarah Cockshott, Executive Principal, St John's and St Peter's CofE Academy, Lichfield

"I learnt how small changes can make a huge difference to yourself and others. A wonderful course - empowering, energetic and uplifting."

Philomena Egan, Headteacher, St Mary's Catholic School, Chingford

"Really enjoyable! It was great to remember what impact a positive attitude can have on all."

Katie McCann, Head of School, Four Elms Primary School, Kent



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“The course emphasised for me the benefit of arriving at a school with an ‘A1’ positive attitude towards all members of the school community. I thought Simon’s technique was an excellent mix between the serious subject nature and put over in a humorous way. His enthusiasm is infectious.”
Michael James, Chairman of Milton Keynes Music Co-Operative

Contact

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