

In these unprecedented times never before have we as educators been presented with the challenges we are facing now



## Resilience and Wellbeing Webinar Series for Educators/Youth Workers

Support your own mental health and wellbeing to better help others in these challenging times – **Learn how to put your own 'oxygen mask' on first**

**The Resilience and Wellbeing Webinar Series** has been created in a bid to tackle the growing health and wellbeing issues facing educators/youth workers as a result of the effects of Covid-19 and the lockdown, both now and when things return to normal. The programme offers a fresh take on how to build resilience, how to manage challenges and how to deal effectively with personal and professional issues arising as a result of these unprecedented times. It is a proactive and sustainable approach that focuses on mental **wellness** rather than mental ill health. We will take a deep dive into how our mind works and how we are designed to be resilient. Through this series of webinars we will learn and understand that we have an innate psychological immune system which can empower and transform our lives and the lives of others.

**After completing this course, participants will be able to better;**

- Manage feelings of stress, overwhelm and emotional exhaustion
- Navigate personal and professional challenges with more confidence, wellbeing and resilience
- Recover quicker from setbacks and disappointments
- Deal effectively with the many demands asked of them
- Handle difficult situations with more ease
- Access more peace of mind and clarity at work and home

**Topics covered include;**

- How our minds work
- Our psychological system and the mechanics of it
- How wellbeing is our natural state
- The thought feeling connection
- How to self-correct when we get off track
- The true source of stress, anxiety and other feelings
- Managing children and young people's anxieties and worries



### Course outline and duration

**Trainer/Facilitator:** Sonia Grant, **iheart** Lead for Scotland

**Length of course:** 12 hours of online training

**Method of Delivery:** 90 minutes of online webinars for 8 sessions

#### Contact details:

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*(dates and times to be confirmed)*

*iheart (registered charity: SC050190)*

*A non-profit organisation dedicated to educating young people about their innate wellbeing and mental health*