

# SUPPORTING YOUR WELLBEING



## 1:1 SUPPORT A COACH APPROACH

- Coaching is all about you. It focuses on what you want to achieve. These sessions aim to support your wellbeing, resilience and specific practice-related issues.
- A coaching session will last for around 1 hour and take place via video call with a member of the Educational Psychology Service.
- Coaching sessions are available to all teaching staff, PSAs and EYPs working in schools or from home from Tuesday 19th January 2021.



## TEAM SUPPORT REFLECTIONS & LEARNING

- Sessions provide a safe space to explore difficulties shared by the group, including debriefing after challenging events or sharing practice and successes.
- Sessions can be requested by a member of school SLT, who identify a topic or issue to focus on.
- A group session will last for around 1 hour and take place via video call. It will be facilitated by a member(s) of the EPS and can include up to 6 members of school staff.
- Group sessions are available via SLT request from Monday 18th January 2021.



## MULTI AGENCY PEER SUPPORT REFLECTIVE PRACTICE

- The network sessions will be a mixture of local service updates, specialist advisors and facilitated discussion with peers.
- They are monthly, with the first session taking place on Thursday 28th January 2021 from 4 – 5pm with the theme of anxiety.
- This initial pilot series is open to guidance staff, school counsellors, school nurses, educational psychologists and staff from our Fit Like hubs.