



MOSAIC PSYCHOLOGY

Emotional Wellbeing in partnership with Mosaic Psychology EMAT Training Programme 2022-2023

Following an increase in demand for training and support from schools in a number of areas related to emotional wellbeing, Mosaic Psychology have proposed a training programme to run across the next academic year. Each training workshop will be offered alongside a follow up session to further reflect on implementation and enable delegates to engage in reflective practice as part of their ongoing Continuing Professional Development (CPD).

Please note that all training sessions will be delivered at the EMAT Training Hub and follow up sessions will be delivered online.

Session 1: Staff and Pupil Wellbeing

Wednesday 12th October 9:30-3:30pm

Let's begin the academic year reflecting on what our staff and pupils may need in school to support emotional wellbeing. This session offers opportunities to reflect on existing support in place, whilst considering what else may be needed in schools to enhance wellbeing for all. Further discussion regarding how staff may consider eliciting pupil views in relation to pupil wellbeing to inform future developments in schools.

Follow up session (online) Wednesday 2nd November 3:30-5:00pm

Session 2: Supporting Young People with Emotional Regulation

Wednesday 16th November 9:30-3:30pm

Reflecting on how we can support young people to settle to learn in the classroom, reflecting on the understanding of emotional regulation. In order to aid self-regulation, there will be a key focus on co-regulation offering suggestions and discussions around how adults can help children to better regulate their emotions. Opportunities to reflect on strategies and approaches which may be used in the classroom to aid emotional regulation will also be discussed.

Follow up session (online) Wednesday 11th January 3:30-5:00pm

Session 3: Team Pupil and Safe Spaces

Wednesday 25th January 9:30-3:30pm

Bringing the idea of Team Pupil to life whilst exploring the characteristics and role of effective key adults in school from an attachment perspective. Alongside reflecting on key adult relationships, there will be opportunities to consider the importance of creating safe spaces and how to make environmental adjustments to aid emotional regulation in schools.

Follow up session (online) Wednesday 22nd February 3:30-5:00pm

Session 4: Self-esteem, Confidence and Resilience

Tuesday 14th March 9:30-3:30pm

Considering the theory underpinning the importance of a positive sense of self, considering factors which help to contribute to this. Discussion regarding the possible reasons why children and young people may find this challenging and what adults can do to help to promote the development of a positive sense of self in a supportive and sensitive way.

Follow up session (online) Wednesday 19th April 3:30-5:00pm

Session 5: Person Centred Planning and Pupil Voice

Wednesday 17th May 9:30-3:30pm

Reflecting on the value in using person centred planning approaches and considering pupil voice as a fundamental part of person-centred planning. Considering ways of eliciting pupil voice in creative ways, ensuring all have the opportunity to contribute towards their intervention plan in some way.