

**Wednesday 20<sup>th</sup> May 2026 – 3:30 – 5pm via Zoom**

**This session is led by Gemma Drinkall (Education Support)**

**Audience:** The session is suitable for School-based staff - teaching and non-teaching, including leadership (primary and secondary phase colleagues).

In an ever-changing educational landscape, looking after the "engine" of the school—its people—is essential. Join us for a transformative session designed to move beyond surface-level self-care and into sustainable, practical wellbeing strategies.

**The session will explore:**

1. **The current landscape and latest statistics** - Understanding the key factors that influence wellbeing and resilience in education.
2. **Practical models and strategies** for balancing work, life and energy
3. **Stress detection and response** using evidence-based methods
4. **Cultural change and awareness** – steps to reduce the stigma surrounding mental health and improve mental health awareness in the school community
5. **Reflection workshop** – opportunity to reflect and create an action plan for your own school setting

**Cost:** Secondary SLA members 2 free places. Primary SLA members 1 free place. Non-members £20 per delegate

**Book your place** <https://www.sponne.org.uk/ts/professional-development/calendar>

**To find out more email:** [trainingschool@sponne.org.uk](mailto:trainingschool@sponne.org.uk) **Telephone:** 01327 350284 ext. 7251