

Positive Education

SUPPORTING MENTAL
HEALTH & WELLBEING
AT SCHOOL



KEYSTONE COACHING LTD

ABOUT ME



Hi, I'm Tamara Judge, founder of Keystone Coaching. I'm a professional Mindset and Wellbeing Coach and Qualified Teacher, who is passionate about positive psychology, mental wellbeing education and coaching.

With over 15 years' experience teaching, leading and mentoring at an outstanding school, I can deliver high quality training and coaching for adults and children covering a wide number of areas.

Popular topics include: positive education, staff and child mental health and wellbeing, and developing a growth mindset, amongst others.

MENTAL WELLBEING EDUCATION

It's no secret that the mental health and wellbeing of people all around the world is suffering. Even before COVID-19 we saw an increase in incidence of anxiety, depression and burnout. Mental health issues are on the rise and research now confirms 1 in 4 people are suffering from mental ill-health every year. With physical inactivity commonplace, and the pull of technology leading to many spending more time online than sleeping, the call to action on wellness is essential.

Sadly, during my recent 15 years working as a teacher and leader in primary education, one thing has become apparent; mental health issues in children are increasing, while child wellbeing is deteriorating. Children are suffering from poor mental health at younger ages and at least one in eight children aged 5 to 19 now has a diagnosable mental health condition. This manifests itself in emotional disorders such as anxiety, low self-esteem/self-belief, depression, obsessive compulsive disorder, and low resilience to challenge or failure, increased stress, control through perfectionism, anger, and even self-harm. The additional challenges brought by Coronavirus mean now, more than ever, schools need to prioritise the mental health and wellbeing of staff, pupils and the wider school community.

As teachers and leaders, we always have both our pupil's and staff's best interests at heart. However, it is all too easy to become consumed by the pressure to maintain or improve results, or more recently to 'catch children up to where they should be'. To say education is challenging right now is an understatement. Most educators are familiar with Maslow's Hierarchy of Needs and understand that the best learning happens from a foundation where basic physiological and safety needs are being met. Sadly, this is being undermined every time Coronavirus is mentioned.

However, all is not lost. Positive Education is an emerging model that combines traditional educational principles with research-based psychological approaches to increase happiness and wellbeing. By following this model you can reduce the incidence of stress, anxiety, burnout and depression and promote positive mental wellbeing among pupils, teachers and parents. We deliver high quality, engaging and interactive lessons and staff training sessions covering mindset, positive psychology, mental health and wellbeing, strengths, mindfulness and relaxation techniques, among others. We also provide adult and child coaching, mentoring and leadership support to design an effective School Development Plan that prioritises wellbeing. Contact us to find out more:
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Tamara Judge

FOR ADULTS

The following sessions provide a firm basis for a 360 degree approach to school wellbeing. Why not think beyond the school gates and offer training for parents as well as members of staff? In addition to those listed below, we also provide sessions on; developing personal strategies to improve resilience and wellbeing, raising mental health awareness, overcoming guilt and prioritising self-care, challenging imposter syndrome, and reducing stress, anxiety and burnout. We would be happy to tailor our training to fall in line with your school communities' needs.

MENTAL HEALTH AWARENESS

A training session to raise awareness of mental ill-health and common symptoms (particularly stress, depression, anxiety and burnout), remove the stigma surrounding mental health, and provide simple tools and guidance for daily wellbeing-management.



ELEMENTS OF WELLBEING

An introduction to positive psychology and the core areas that contribute to happiness and wellbeing. A wide range of activities are suggested with practical experiences of mindfulness meditation and breathing exercises, alongside guidance on how to select suitable activities and incorporate them into your daily routine.

POSITIVE EDUCATION

A range of sessions are available, including: an introduction to Positive Education, integrating the principles with your school values, and designing an effective School Development Plan to embed a positive education strategy. We can also provide training on establishing a coaching approach to leadership and development.

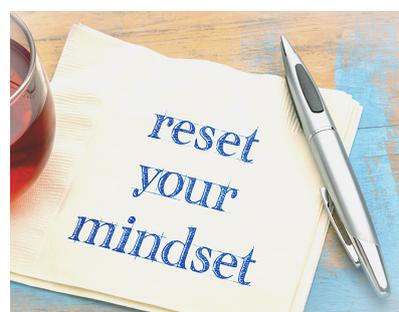


COACHING / MENTORING

With over 10 years' experience mentoring and coaching teachers, I know how effective coaching can be in supporting mental health and wellbeing, improving personal organisation, building engagement and improving performance. We provide high quality, professional group or individual coaching at competitive rates to enable you to create the team your pupils deserve.

POSITIVE MINDSET

Teachers are notorious for self-deprecation; however, this can easily turn into negative self-talk and automatic thoughts. A negative mindset can quickly impact mental health and wellbeing, reduce engagement and ultimately lead to ill-health. This training session teaches staff strategies to challenge the language they use to speak about themselves and transform their inner critic into an inner cheerleader.



FOR PUPILS

Social and emotional skills can enhance pupils' motivation, improve academic attainment, and promote wellbeing. These skills help prevent mental health difficulties from developing. Our training sessions can help children; build their resilience; manage and understand their thoughts, feelings and behaviour; and establish positive relationships with other children and adults. These important life skills can improve pupils' ability to cope with, and negotiate their way through, life's challenging situations and events.

MENTAL HEALTH AWARENESS

This child friendly session teaches pupils that we all have mental health, that it is normal to sometimes feel big emotions and to experience worry. It explains how children might be feeling and associates emotions with physical feelings that children can relate to. It also signposts them to support and discusses the need to speak up when they don't feel like themselves.



ELEMENTS OF CHILD WELLBEING

A visual and interactive session that introduces children to the core elements that contribute to child happiness and wellbeing. Practical activities help children engage with the information, learn strategies to manage their own relaxation and wellbeing, and experience some of the benefits associated with exercises such as breath work, mindfulness, and meditation.

GROWTH MINDSET

A popular topic within education, building a growth mindset helps children understand the way their brain helps them think. They will learn that their mind is highly flexible and that they have the power to control their thoughts, emotions and actions. They will begin to recognise when they are automatically using negative thoughts or language and understand why it is important to challenge these thoughts and speak positively about themselves.



INDIVIDUAL / GROUP COACHING

With 15 years' teaching experience, I work with children on their level and tailor each session to their needs and their personality. I can reach the heart of their problem, help them understand their emotions and empower them to make some positive life changes. The children see me as an older friend who provides a neutral and confidential space for them to talk and has some great, practical ideas to make their lives happier.

PEER SUPPORT CHAMPIONS

Some children find it easier to talk to their peers rather than adults. Peer support is an effective way to aid pupils who are experiencing poor mental health. It typically includes a wide range of interventions and approaches, including coaching, listening, mentoring, tutoring, and befriending. We can help you and your pupils co-design and deliver a structured peer support program that will work for your school.



TESTIMONIALS

If you're looking for a coach, look no further than Tamara. I have never cried, laughed and felt more clear on my goals than when working with her. Her coaching process is such an enlightening experience that it feels like one continuous "Ah ha!" moment that you never want to stop.

Tamara makes you feel comfortable from the beginning, which allows you to go deep into what you want and where you want to go. I cannot recommend her enough, and even as I write this I am excited for you to experience coaching by Tamara.

K. G., (Teacher)

Tamara helped me do things that are important, in a fun way. I liked it because she is always nice to me and we do fun things together.

C. (Age 8)

Tamara worked with our 7yr old following a period of poor mental health following ongoing bullying. Our daughter was struggling to manage some very big feelings and Tamara gently coached her through techniques that she could put into practice on her own and helped her to think positively about herself and her future. Our daughter enjoyed her sessions which were playful and engaging, and as parents, we felt so thankful to have someone who really understood our child and what she was going through. I couldn't recommend Tamara more highly.

H.G., (Parent)

CONTACT ME



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