



# Positive AND Productive

by  BrightBird

Wellbeing Programme

**SCHOOLS & EDUCATION**

**2022**

# A practical, down-to-earth wellbeing programme for all education staff...

## Coaching tools and resources

Our unique **coaching-based** approach provides the tools and resources to enable you and your team to **coach yourselves**



## This 12-week programme will help you and your staff to:

- Reduce stress
- Build personal resilience
- Improve time management
- Find that ever elusive work-life balance
- Build a more positive mindset to overcome whatever challenges come your way
- Meet the Education Staff Wellbeing Charter

## What's in the programme?



Manage Stress & Build Personal Resilience



Time Management & Work-Life Balance



Building a positive, problem-solving mindset

## Who is this for?

- SLTs/MLTs
- Teaching staff
- Teaching support staff
- NQTs/RQTs/Student teachers
- SENCOs/Pastoral staff
- Staff working in any role in the setting

## More than just an online programme...

A 12-week subscription programme to build engagement, updates and resources, including:



**Online video training sessions.** Our bite-sized sessions are perfect for time-poor staff.



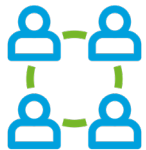
**Downloadable, fillable workbooks** to accompany each session. Along with coaching tools and questions



**Live Q&A sessions** on current topics. Including expert guest speakers



**Online training platform** to access all resources on demand via individual secure log in



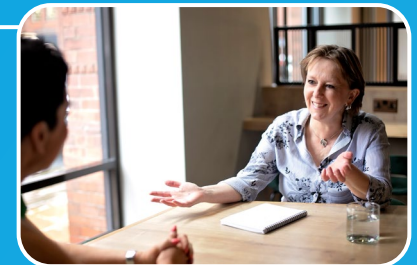
**Online community** with regular features, tips and information. Giving a resource to share success and seek support

[www.bright-bird.co.uk](http://www.bright-bird.co.uk)

## Designed for time-poor teams...

- **We understand** how under-pressure everyone is, so this programme is **flexible** and light on 'homework'
- **Bite-sized training sessions** – lasting 5-20 minutes
- **Accessible any time** through our online training platform
- **A blended learning approach** of online recorded and live sessions, resources and online community, giving you the resources and support you need, **when you need it!**
- Easily accessible via our dedicated **online training platform**
- Each participant has a unique user-name and password to access their dashboard and course materials **at any time**
- **Easy sign up** – for your entire staff team. We just require names and work email addresses. Let us do the rest!

Choose whether to complete the whole programme, or just the sessions you need.



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## Helping you build a whole-school approach to wellbeing from less than £5 per staff member\*

### Enabling you to meet Ofsted and DfE standards and guidance by:

- Giving your staff resources to reduce stress and develop better ways to manage their workload to meet the Education Staff Wellbeing Charter
- Providing a resource for leadership teams to use when supporting staff
- Being flexible enough to be used individually, or with peer groups and staff teams
- Helping you to reduce staff turnover and sickness absence
- Building a supportive culture and improving productivity

### Down-to-earth, practical strategies...

- We pride ourselves on **delivering in the real world**. No fancy jargon, or airy-fairy woo-woo stuff!
- Down-to-earth, evidence-based approaches from real people, with a sense of humour and lived experience
- Expert guest speakers on our live Q&A's to share strategies and advice on mindfulness, physical wellbeing and health and much more!

## What people say about us...



A lot covered, but all at a relevant pace and things given to do after the course, which was good.

Very thought provoking and all the answers weren't given, as each individual will tailor the content to work for themselves. Would recommend as very relevant for the education sector."

*School Business Manager*



"I started this feeling quite resistant to it – I knew the narrative about teaching/working long hours was right because that was my reality.

I have changed that reality now and am happier in my work and more able to do a good job. Thank you!"

*Primary School Teacher*



"Really honest and this gave it an authentic feel. Thank you."

*NQT*

## What does it cost?

Our **12-week subscription** programme brings great value for group bookings.

**At less than £5 per person** for bookings of 100 staff, you can afford to sign up your entire staff team and take a whole-school approach to wellbeing.

Up to 50  
places  
**£245**

Up to 70  
places  
**£295**

Up to 100  
places  
**£345**

**Looking to book for fewer, or more staff?**

Get in touch for a no-obligation quote

## How do I book or find out more?

To book, click [HERE](#) to visit our web page

**To find out more**, contact Karen Amos by phone or email for a no-obligation chat

Or [CLICK HERE](#) to request a **FREE mini taster programme?**

[www.bright-bird.co.uk](http://www.bright-bird.co.uk)

*Karen Amos*

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BrightBird Coaching & Training**



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