

Forever Juggling

How To Achieve An Effective Work/Life Balance Through Building Team Morale & Boosting Staff Energy



Anna-Michele Hantler

Emotional Education Through The Arts



be happy and
say well try and
eggnor them if they
do it again theyll be
in trouble!
now dry them tears.



Are you tired of keeping all the balls in the air? Is the idea of finding time for you and your team to unwind seemingly impossible? Do you need to be a page ahead in role modelling positive mental health?!

This course will help you support staff to be their best each and every day and epitomise the 'Emotionally Calming Adult' in your School or Setting!

'A playful approach to a serious subject'

Anna-Michele draws on her extensive experience in and around Schools and Children's Services and her fervid interest in the emotional health of children and the adults who work with them. With valuable experience as an Educationalist, Psychotherapist and Group Facilitator, Anna-Michele has created a course that integrates good practice including:

- Group Theory and Dynamics
- Neuroscience of Stress Management
- Neuro Linguistic Programming
- Quality Circle Time Model/Rituals
- Emotional Intelligence Theory
- SEAL/SEAD for Staff and Families
- Massage in Schools Movement

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This course will utilise a hands on approach to support staff in enjoying an opportunity to reflect, troubleshoot and form action plans which harness positive mental, emotional and physical wellbeing.

It will enable participants to take a whole school or setting approach to:

- Working together to achieve increased staff cohesion and respect
- Prioritising staff morale and self esteem to create a calm, positive ethos
- Value and appreciate staff contributions and turn taking
- Utilise rituals from the 'Quality Circle Time' model to problem solve
- Re-energise individual and collective care plans to boost wellness
- Improve listening skills and the ability to ask for help
- Employ time management techniques to reduce stress
- Safeguard against staff absenteeism and high turnover
- Tick boxes for SEAL and TaMHS by looking after staff mental health
- Have fun together in spite of ourselves!

Your course will be tailored to staff needs and organisational agenda.

This course can be booked as a:

- One Day In-House Event
- Inset or Cluster Day Training
- Keynote to open a conference
- Workshop/s as part of a Local Authority Event

References available on request.

This course is ideal for: Staff Teams or Management Groups working within the Children's Services Sector and Care Professions including Schools, Early Year's Settings, Social Services, Child Protection and Health.

For further information about costs and availability please contact:

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This course is currently available on a commission basis only. Plan a successful staff team building inset or CPD opportunity with this course now!



Anna-Michele Hantler holds a wealth of qualifications and accreditations including: - Qualified Teacher, Arts Psychotherapist (UKACP), Accredited Trainer for Jenny Mosley's Quality Circle Time, Implementing and Researching Massage in Schools Programme & Protective Behaviour, Child Protection Trainer, PSHE Advisor, Educational Consultant and LA Anti-Bullying Officer. Anna-Michele is author of 'How to Nurture and Enhance Children's Emotional Development.' **In house training available on request.**