



Managing Student Stress

Tuesday 25th June 2019 at Balcarras School

15:45 - 17:45

Following on from her extremely well received mental health workshop at our 2018 conference, Belinda will be returning to Balcarras to deliver a practical workshop on student stress management.



This session will focus on:

- Developing practical techniques for managing and identify student stress
- Spotting the signs of student stress
- Starting the conversation
- Validating feelings
- The importance of using listening skills

Furthermore, this session will explore useful resources and signposting to mood monitoring and calming your mind.

If you would like any more information about the events or the partnership in general, contact Liz Cullis. Her email address is: ejc@balcarras.gloucs.sch.uk or Roxy Adams: ra@balcarras.gloucs.sch.uk

If you would like to book places for your colleagues on any of the activities please contact Jo Newman. Her email address is: jmn@balcarras.gloucs.sch.uk or visit: <https://goo.gl/forms/1a0qEYWe6QrdTl1t2>

This event is FREE to all Teaching School Partners.
There is a fee of **£50** to non-partners.