Wellbeing for Education Recovery

Leicestershire Educational Psychology Service

Aim: To continue the work of the Wellbeing for Education Return programme, LEPS are offering a dynamic and interactive approach to supporting schools during and after the COVID-19 pandemic.

Objectives:

- To explore the lived experiences of school staff through group coaching across 6 broad themes
- To unpick and reflect on pertinent issues affecting schools now
- To consider next steps for schools



Theme 1
Exploring the loss and impact of COVID19

 Psychological focus: grief, loss and trauma



Theme 2
Exploring the presentation and impact of anxiety

 Psychological focus: anxiety, wellbeing, resilience and Emotion Coaching



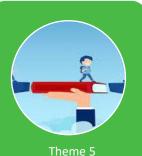
Theme 3
Understanding self-harm in children and young people

 Psychological focus: Interaction between cognition, thoughts and behaviours



Nurturing resilience and motivation within school

 Psychological focus: resilience, self-efficacy and motivation



Closing the gap for vulnerable children and young people

 Psychological focus: interactionist perspective and self-actualisation



Looking back to look forward

 Psychological focus: reflection and action planning