

The link between **Physical & Emotional Wellbeing**



Workshop Content

- Introducing the science of wellbeing
- Considering the links to mental wellness and illness and exploring how mental wellness and physical health impact upon each other
- Recommendations regarding how to eat, drink, move, sleep and live for optimal wellness.

This course is for: people who would like to develop a greater understanding of wellbeing and how to promote their own physical and emotional wellbeing.

Duration: 2 hours **Venue:** College House, Newton Abbot / or online **Cost:** TBC

Training delivered by specialists

This training is delivered by the award-winning School for Inspiring Talents. Our team will share real life case studies from their work on the front line, supporting children's transformation within an educational setting.



Jules Sanders is the manager of Life Chance's Multi-Disciplinary Team (MDT), and has worked in Alternative Provision and Specialist Settings as Vice Principal and Department Lead. She was previously a Trauma Informed Schools UK (TISUK) senior trainer. She has over 20 years' experience as a qualified primary teacher and SENDCo supporting children with Special Education Needs and Disabilities (SEND) specialising in inclusion, behaviour and emotional wellbeing. In recent years Jules has been the team manager within the Child and Adolescent Mental Health Service (CAMHS), and a Lead for the Targeted Mental Health in Schools (TaMHS) Team in Plymouth. She has also held responsibility for the Primary Mental Health Work (PMHW) Team and the Infant Mental Health (IMH) Team.



Megan Hornsby is a Mental Health Practitioner at SfIT, working with learners and leading on projects to enhance staff wellbeing. She has been a qualified and registered social worker for 12 years and has an advanced diploma in specialist mental health practice. Her background in both social care and mental health services gives her a breadth of knowledge and experience of therapeutic interventions and crisis management. She has a Level 5 Diploma from Trauma Informed Schools UK (TIS) and is a trauma-focused CBT practitioner.

To book or for further info, please email: info@lifechance.org.uk