

- ✓ 'Inspirational' Principal (Ofsted, 2018)
- ✓ NPQ Senior Leader Training Facilitator (NPQ Online 2018)
- ✓ Mental Health First Aid Instructor (Mental Health England, 2018)
- ✓ Leadership & People Development Award (CESW, 2016)
- ✓ Resilience Coach
- ✓ Former FIFA/FA Premier League Referee

ITT, NQT, RQT Mental Health and Wellbeing Training

Teacher stress is on the increase. A recent NASUWT survey (2018) noted that:

- ✓ 89% of staff had reported workplace stress
- ✓ 67% of teachers said their job had adversely affected their mental health
- ✓ 51% of teachers had seen a Doctor because of work-related mental health problems

ARE YOU PREPARING YOUR YOUNG TEACHERS TO NOT ONLY SURVIVE, BUT THRIVE?

Resilience is at the heart of teacher wellbeing, success and long-term mental health, as new teachers navigate their way through unique challenges and transitions.

A renowned Mental Health and Wellbeing Specialist, Leadership Coach and Inspirational Speaker, Matt is the obvious choice for providers wishing to:

- ✓ **Develop resilience and stress-busting strategies for all**
- ✓ **Enhance new teacher effectiveness, morale, and overall wellbeing**
- ✓ **Provide Mental Health First Aid training and advice for inexperienced teachers**
- ✓ **Increase young teachers' confidence in their unique abilities and talents**

Matt now offers bespoke workshops, presentations and training for new and trainee teachers to build their own emotional resilience, so that they can passionately teach and connect in a variety of school environments.

Please contact Matt for more information on how your teachers can survive and thrive!