

Strategies for Developing Emotional Health and Character in Children



During this practical one day training we will introduce a range of evidence based tools and strategies to support the development of emotional health and character in children.

Participants will learn a range of techniques with the opportunity to practice, this will ensure they feel confident to use them with children to develop character and emotional health. Participants will explore contributing factors towards poor emotional health and gain practical strategies to help combat negative outcomes.

What you will gain:

- Strategies to develop children's character strengths.
- Tools and techniques to support behaviour change.
- Strategies to increase positive emotions.
- Techniques to increase positive expectations

Course structure:

1. Our training will ensure participants feel confident to continue to use and embed the tools in their practice.
2. Demonstrations of the tools.
3. Time to reflect on how tools and strategies can successfully be incorporated into practice.
4. Opportunities to discuss and learn how our approach works in reality and the benefits that it has on children's character development and emotional health.
5. The session runs for one day for up to 16 people, either 'in house' or for groups of organisations.



“Really found the day useful, interesting and thought provoking. I am looking forward to sharing tips and activities with all staff at my school.”

For more information

Please contact us on **01530 835155**
or email **training@worth-itprojects.co.uk**

Additional benefits:

- A proven positive education framework to support the development of children's emotional health and character.
- Increased confidence to effectively support children to develop essential characteristics such as empathy, optimism and self-belief.
- Highly experienced facilitators who are happy to share their knowledge and expertise to enable all participants to gain as much as possible during this practical one day training.

“It's been really interesting and useful to re-evaluate how little things can change a person's mindset”