

**Sunrise Wellbeing – Shelley Smith is an experienced trainer and Integrative Psychotherapist (MBACP). Shelley is the founder of Sunrise Wellbeing Therapy Centre and brings together her knowledge of working within the education sector and in therapeutic practice to support delegates in gaining new understanding and awareness around mental health and wellbeing topics, in order to support themselves and others.**

All workshops are Free of Charge to Leicestershire Schools under the Healthy Schools Public Health programme.

Please find out more and book your place here:

<https://www.leicestershirehealthyschools.org.uk/events>  
<https://sunrisewellbeing.co.uk/>

### **Mental Health in the Early Years & the importance of building Secure Attachments**

**Weds, 12 Jan 2022, 9.30 – 13:00**

**Venue: Online Via Zoom**

Mental health problems can start in early years, even if we do not see any symptoms at that time. Promoting positive mental health and wellbeing in early years education is vital. By doing this we provide a secure environment for young children to play, build relationships and learn essential skills, both academically and emotionally. We assist them to have the ability to handle the dynamics of different relationships and the resilience to face pressures and stresses growing up.

### **Social Media, Body Image & Self Esteem**

**Wed, 26 Jan 2022, 09:30 - 13:00**

**Venue: Online Via Zoom**

With the majority of young people now living their lives through social media and an online audience, it is essential for schools to be able to teach the importance of using this in a correct, safe way but also vital for settings to be aware of how to support any negative issues around body image and self-esteem as early as possible when they arise.

### **Understanding and Managing Difficult Emotions, including Loss**

**Wed, 23 Feb 2022, 18:00 - 19:30**

**Venue: Online Via Zoom**

We all experience a number of emotions every day in different situations. But for some, the really big, difficult emotions such as; worry, anger, fear, sadness & anxiety can feel overwhelming. In order to regulate these emotions, we must be able to firstly notice when we are having an emotional reaction, to be able to recognise what the emotion is, to express it in a healthy way and to manage the emotion in a way to bring calm. This training provides you with the knowledge and skills to be able to support children with learning this important life skill and offers fun, mindful strategies for you to incorporate into your own setting.

### **Mental Health in the Early Years & the importance of building Secure Attachments**

**Mon, 14 Mar 2022, 12:00 - 15:30**

**Venue: Online Via Zoom**

Mental health problems can start in early years, even if we do not see any symptoms at that time. Promoting positive mental health and wellbeing in early years education is vital. By doing this we provide a secure environment for young children to play, build relationships and learn essential skills, both academically and emotionally. We assist them to have the ability to handle the dynamics of different relationships and the resilience to face pressures and stresses growing up.

### **Mental Health in the Early Years & the importance of building Secure Attachments**

**Mon, 04 Apr 2022, 18:00 - 19:30**

**Online Via Zoom**

Mental health problems can start in early years, even if we do not see any symptoms at that time. Promoting positive mental health and wellbeing in early years education is vital. By doing this we provide a secure environment for young children to play, build relationships and learn essential skills, both academically and emotionally. We assist them to have the ability to handle the dynamics of different relationships and the resilience to face pressures and stresses growing up.

### **Social Media, Body Image & Self Esteem**

**Wed, 04 May 2022, 18:00 - 19:30**

**Venue: Online Via Zoom**

With the majority of young people now living their lives through social media and an online audience, it is essential for schools to be able to teach the importance of using this in a correct, safe way but also vital for settings to be aware of how to support any negative issues around body image and self-esteem as early as possible when they arise.

### **Understanding and Managing Difficult Emotions, including Loss**

**Mon, 16 May 2022, 09:30 - 13:00**

**Venue: Online Via Zoom**

We all experience a number of emotions every day in different situations. But for some, the really big, difficult emotions such as; worry, anger, fear, sadness & anxiety can feel overwhelming. In order to regulate these emotions, we must be able to firstly notice when we are having an emotional reaction, to be able to recognise what the emotion is, to express it in a healthy way and to manage the emotion in a way to bring calm. This training provides you with the knowledge and skills to be able to support children with learning this important life skill and offers fun, mindful strategies for you to incorporate into your own setting.

### **Supporting the Whole Setting through Pandemic Reflection, Recovery & Positive Changes**

**Wed, 08 Jun 2022, 18:00 - 19:30**

**Venue: Online Via Zoom**

Since the beginning of COVID-19, people of all ages have had to adapt and transition through changes, many beyond their control. This has been difficult for many people, but we have survived! This session will support us in reflecting on this time, discuss the strategies that have assisted us and the positive changes we have made and are making going forwards. A whole setting approach to recovery allows everybody to feel valued & cared for and where child, staff and parent/carer mental health and wellbeing is supported holistically.