

Barnet Educational Psychology Team

Date: 19 March 2019 9.30am to 12.30pm

Venue: Committee Room 1, Hendon Town Hall, The Burroughs,
London NW4 4BG

Supporting Social, Emotional and Mental Health in Schools: Resilience

This is a **free** training session for Barnet schools organised by the Educational Psychology Team.

The training is an opportunity for the Barnet school community to learn more about how we support the Social, Emotional and Mental Health of our children and young people, with a particular focus on managing anxiety within the school context.

The training will be run by Dr Jan King who is an Educational Psychologist in the Barnet Educational Psychology Team.

The workshop aims to:

- Look at ways of developing resilience;
- Think about ways we can explore a young person's sense of resilience;
- Provide some theory and research background around what we mean by 'resilience';

Booking information is provided on the next page:

Schedule for the Day

ITEM	TIMING
09:30-09:45	<i>Arrival</i> (Tea and coffee will be available)
09:45-10:30	What is 'resilience': theories and research
10:30-11:15	How can we assess or measure it?
11:15-11:30	BREAK
11:30-12.30	Developing resilience at individual, class and whole school levels

Booking Information

The training is free. You will need to book in advance as the 30 places are on a first- booked – first allocated system. Please note, a maximum of 2 places to any one school will be allocated. To book your place on the workshop please follow the three steps below and you will receive a confirmation email:

1. Email: SEND.events@barnet.gov.uk
2. Please put 'Booking SEMH: Resilience' in the subject line of the email
3. Please provide the following information:
 - Name
 - Preferred contact Email address
 - School